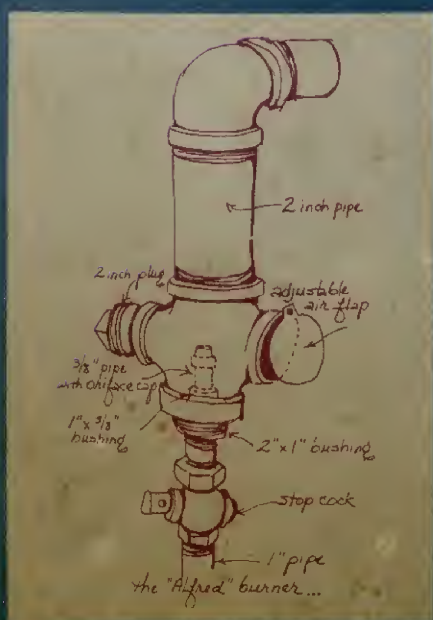


natural life styles -3



natural cooking
 acupuncture
 vitamin c
 rock climbing
 dandruff
 kiln building
 flying swami
 real food restaurants
 natural cosmetics
 good food suppliers
 consumer beware
 hunzas
 holiday feasting
 alice brock
 raw diet
 reading labels
 cross-country skiing
 pet medicine
 farmsteading
 grain grinding
 indian wisdom

I declare a condition of joy.

... Theodore Roethke



natural life styles is an organic guide for living. we attempt to serve as an open forum for people tuning in on themselves and their environment. real food for the body and soul is our chief concern ... painted cakes do not satisfy hunger.

gathering it all together:

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Natural Life Styles family: Bonnie, Sally, Rob, Diane, Isabelle, Bob, Adam and Eve. For the next six months, Isabelle and Bob will be contributing from Japan and India, where they will be working and traveling. Om shanti.

INGREDIENTS

- | | |
|---|---|
| 1 the endless weekend: nls in new england -
first leg of the journey to meet the organic community | 40 the hunzas |
| 6 bullfrog information service, better world news,
magazine reviews | 41 help! |
| 7 america's first acupuncturist: a visit | 44 holiday feasting: 2 pages of goodies from chestnuts to nut balls |
| 12 baked beans: the right way | 46 a psychologist looks at astrology and comes up with some surprises |
| 13 the grub bag: a book review | 47 critique of No. 2 by milton wend |
| 14 aphrodisiac cookery; mah fellow americans: book reviews | 48 alice brock: an interview |
| 15 vitamin c | 55 raw diet |
| 16 rock climbing as therapy | 56 personal natural transcendental art |
| 18 dandruff and falling hair | 58 crosscountry skiing |
| 19 kilns and how to make your own | 61 the golden book of camping: a book review |
| 21 essay: what are we to do? | 62 camping: a guide to lightweight equipment |
| 23 vishnusivananda and his peace plane | 63 medicine for your pet |
| 24 hillard green and canned tomatoes; from foxfire | 65 how to read a label |
| 25 access catalogue; understanding, atlantis: more magazine reviews | 66 a better mousetrap! how to build one |
| 28 ursula sells her craft: another day in the life of the potter's
apprentice | 67 recycling an old farmstead |
| 29 dining out in new york city: monya's and musart | 72 farm exchange |
| 30 the bears and i: book review | 73 putney fields - notes on an organic farm
by the farmer himself |
| 31 here's egg on your face:
a book review by our natural cosmetologist | 74 season's greetings: alternatives to buying |
| 35 cosmic cookery: book review | 75 the long-legged house |
| 34 indian wisdom | 77 a heat efficient fireplace: how to build one |
| 36 organic food stand | 79 a primer on beekeeping |
| 37 crafts good shepherd - one of the good suppliers | 82 hand mill - a consumer report |
| 38 fat to thin - with a little help from weight watchers | 84 classified |
| 39 consumer beware beatrice trum hunter's new book
is a block buster | 86 letters |
| | 88 index |

As anybody is aware of who has read Greening of America, or for that matter looked out his window, a gentle revolution is taking place, one as important, perhaps, as any we've had before, because it involves a change in consciousness. A vast community of gentle rebels is taking form; lines of communication are being drawn, dainty as a spiderweb, its threading visible in a good light, otherwise obscure.

We are learning some basic things: who we are as opposed to what somebody declares we ought to be, and how we are to live in peace with one another and the earth. Most of us are exchanging ideas of the most practical sort concerning, appropriately enough, the soil and what we eat -- our two sources of energy and growth in both symbolic and literal sense. And we are not merely laying new blocks on old foundations, but building from the ground up.



Isabelle...Rob

John Todd (we shall speak of him later) in writing of New Alchemy Institute observes: "Persons highly skilled in the creating of good soils and raising nourishing foods will be [in the era to come] respected and emulated. To work towards restoring the landscape should become a major intellectual and physical pursuit of the present generation."

To people of the widest variety of ages and backgrounds this is indeed a major pursuit. Here at the magazine we had corresponded with many, had meetings with some, but didn't really get a full sense of it all until five days in September when we hit the road.

We were four: two editors, a publisher and muse. We covered 800 miles and scores of people in (mostly) three New England states; were instructed, warmed and welcomed into a fellowship that is various and eccentric as the various sanities that compose it.

We started at Woods Hole and ended at Alice Brock's--full circle if you will, from a biologist whose deliberate speech seemed mapped as patiently as his comrades had mapped the dwelling place of fish, to Alice--full-blown and unhesitant, who seemed to fill the tiny kitchen where we photographed her.

endless weekend

by Sally

We began at the Woods Hole Oceanographic Institute. There, in a complex of brick and glass buildings and the new campus on Vineyard Sound the most vital of questions are being argued and explored. They relate to what still is a mysterious and environment: How are the fish distributed, for example, and why do they come and go? Researchers are also trying to find out what other life forms are present in the ocean, the chemical and geological composition, and whether these waters are rich enough to feed many of us at all.

WOODS HOLE

Both John Todd of the New Alchemy and J.H. Rhyther believe, with the majority, that the seas cannot sustain large numbers of people. Rhyther is experimenting with growing oysters on recycled human waste--a project we plan eventually to cover in these pages.

Between the time we talked with Rhyther and Todd, we visited James W. Mavor, Jr., who led two expeditions to the lost continent of Atlantis--one in 1966 and one in 1967--and published a book on the whole affair titled, "Voyage To Atlantis."

Oceanographic engineer by profession, Mavor proved to have a broadly curious mind. He told us, for instance, that on a recent visit to Scotland he became interested in the crofts. These are old homesteads, some prehistorically old, which are available to Scottish farmers in exchange for working the land.

He became interested in archeology when he was diving off the Mediterranean, and his interest in the subject has continued beyond Atlantis--a study of which most professional archeologists, he found, do not at all approve, because he is encroaching on their territory.

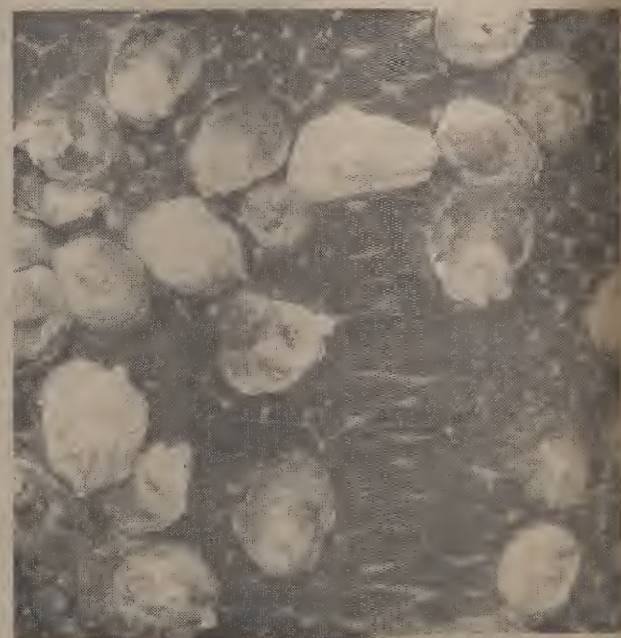
NEW ALCHEMY INSTITUTE

John Todd the New Alchemy spokesman, was energetic, casual, very communicative, strangely blonde and evocative as a figure from a Tarot deck. His academic work, interestingly enough, was in comparative psychology, but he minored in oceanography, which is how he got to Woods Hole. As we walked through a labyrinth of Volkswagen-sized fish tanks, he explained that he was investigating how different species respond to stress. A few minutes later, in his office, John and his assistant, Ann Hines, simultaneously bombarded us with anecdotes, sources, and contacts.

MARTHA'S VINEYARD

New Alchemy presently is receiving funds from Rodale Press for setting up a pooling system for information. Ideally, Todd hopes to wean the farmer away from experts by educating him in sciences related to agriculture. The motive was a recurrent one in our travels. We found that people are eager to learn basic information, and provide necessities so they won't have to rely upon "expert" advice.

Later, John showed us the other projects he has going at home. These include 25 fruit trees of different varieties which he is studying for their resistance to insects. Nearby, in his family-sized vegetable garden where marigolds (for repelling insects) flourish among the chard, and parsley guards the lettuce, John is experimenting with seaweed mulch.



John Todd from New Alchemy

Because it is an interlacing material, a farmer can mix it with horse manure and avoid compacting of the soil. And earthworms love it!



Milton Wend

In the woods behind his house John has planted vegetables to see if gardens can be cultivated without clearing the land first. We found a single ear of corn growing, two inches in length and half that around. Nothing else.

In the front yard, probably the most important New Alchemic experiment was taking place under a fifteen foot plastic dome. There, in a fish pool only a bit smaller than its plastic skin, are fish, eventually to grow to 1 1/2-pound size. Some fish feed off algae, so thick the water is olive. But most live on tiny organisms--mosquito larvae, eelworms, daphnea, tubifex--grown in a fetid pool at the bottom of the slope behind the Todd house. And this freshwater plankton thrives on the outflow from the family septic tank. To add one more curlicue, the fish droppings are used to fertilize the garden. And some of the garden weeds are tossed back into the pond for those fish given to vegetable nibbling.

On the farm New Alchemy will purchase soon, John expects to have ten of these breeding ponds. Anyone with a child's backyard swimming pool and a water faucet can fish farm, he says. Because of pollution, he no longer eats anything from the sea.

After New Alchemy, we enjoyed a warm (to a New Englander) swim and Yoga on the shallow beach. And in late afternoon (of this same day, mind you) we ferried from Woods Hole to Martha's Vineyard and Milton Wend. Looking at least twenty years younger than his 80 years, guided by a stack of notes scribbled on yellow paper the size of a child's playing card, Milton (whose critique of



#2 appears elsewhere) began a non-stop conversation which lasted until midnight.

Milton is a Whole Earth Catalogue unto himself. Teacher, engineer, designer of chairs, blacksmith, and arch recycler--one senses above all an economical man--he is one who makes the fullest possible use of his inner resources and physical environment. He lives in an old house which might have belonged to a sea captain (it didn't) where he sells books, health foods and fabrics, writes articles, makes lampshades, carries on a voluminous correspondence with nearly everyone anyhow connected with natural foods and life styles, it seems, presses leaves and writes manuals for his Country Living Press.

In the parlor are chairs he designed and built. The basement shop is filled with tools, hundreds of jelly jars from a jelly industry he has just purchased and dried leaves and flowers for the lampshades. The study, however, scarcely accommodates all Wend's interests: Besides books and a plethora of old periodicals including "Cooperative News" and pre-1900 "Life" when it was a barbershop magazine, he has a bio-rhythm chart, printing equipment, a heliodore for determining where the sun strikes at certain times in certain latitudes, and photographs of houses he has designed. He stores away not only objects he expects to use later, but information for anyone who might need it.

We dine in a local restaurant. What to eat? All of us are vegetarian, including Milton who has been so for more than 60 years. Caesar salad is the only meatless item. We all share it.

As we ate, he filled us in on the rest of his history, which includes 25 years as Anthroposophist, 8 years in Hawaii, and study at Columbia under John Dewey, who was, Milton says, a dull teacher. One of his first memories is of lying in a crib during the first Chicago World's Fair. He was two years old then. Later, when he flew for the first time, his pilot was Orville Wright.



"The whole thing of human engineering--defined as making things to fit people--is largely unknown," Milton said at one point, and this is characteristic of him. Then he spoke of house building--he built his first one for \$700 in 1915--and of chair design: "A good chair should have cushioned arm rests; the padding prevents bursitis of the shoulder. Your bottom should rest securely against the back, and the seat should be low enough so there is room to slip your hand under your thighs to disallow pressure on the veins."

His book, "How to Live in the Country" is currently being re-issued and he's presently working on his autobiography...

Later, back on the main land, our borrowed digs became the Natural Life Styles kitchen where Isabelle created a feast with fresh salad and buckwheat noodles dressed with parsley and olive oil. Her genius for the impromptu in the unlikely of places was especially appreciated next morning in the parking lot of Howard Johnson's. Across the car hood she laid a melon filled with wild blueberries, oranges and some rosehips for vitamin C. And since Howard is especially accommodating about hot water, we washed it all down with fresh herb tea.

The air grew cooler as we drove Northward into New Hampshire. Our traveling "refrigerator" (a portable ice chest) provided salad fixings, and we all shared from bowls generously lent us by the magazine's twin dogs, Eve and Adam. Some mangoes placed on the ripening shelf of the car's back window ledge would be just right for eating on our homeward trip next day.



Fall was unmistakably in the air and the earth was rich with the dampness under the birch trees. After an unsuccessful search for a wheel of honest country "store cheese," we drove up a hill and down a hill and onto a long dirt road that took us at last to where Beatrice Trum Hunter (see our review of her new book elsewhere in this issue) sweater-less in the late afternoon cool, sat reading under an apple tree. During the course of conversation she told us that she had graduated in '40 from Brooklyn College. By the looks of her one would not think so; fresh-skinned and slender, she has rich brown hair with only a strand or so of grey, and serene brown eyes.



Beatrice Trum Hunter and Sally

She had no room at her inn, nor at table either, and could spare only an hour from her duties as hostess of the farm-house inn. (She and her husband John do all the work themselves.) However, she set up a table in her living room just for herself and us "kids", offered the floor as sleeping quarters for the night and did find time to demonstrate how she makes three different fermented milk products--kefir, tetee and yogurt as well as sauerkraut, then conduct us on a guided tour through the farmhouse and outbuildings.



The Hunters bought their 200 acres in 1948 and settled there permanently in 1955, meanwhile working winters in New York City. Beatrice taught visually handicapped children, and John carpentered to pay for the major farm renovation. "Our plan was to run the inn in the summer and loaf in winter," she remarked. "But in fact I've never worked so hard in my life." In October, when the inn closes, Beatrice begins her heavy writing and lecturing schedule. "But you know, I couldn't have done this a few years ago...I wouldn't have had the energy!"

In the farmhouse, furnishings are simple and modern. Tables and paneled walls were carpentered by John, one wall is lined with books, most of them on some aspect of natural history. Beatrice cooks on an electric range in a medium-smallish kitchen. The cool adjoining pantry is used for storing apples, grain and other staples as well as for food preparation. Kitchen equipment is uncomplicated; a one-speed Oster blender "which doesn't require a co-pilot," a Duncan Hines shredder for vegetables. She prepares fermented milk in old fashioned scallop-edged custard cups, or two covered containers set one inside the other and wrapped in a "copy," and makes sauerkraut in a gallon crock covered with netting, a sandwich plate and three "carefully selected stones from Maine."

Her most ambitious piece of equipment is a Meadows Mill from Wainsborough, Va., which cracks grains for cereal as well as grinds it. She also has a Quaker City and Stroud mill for preparing powdered fruit rind - the dried and pulverized rinds of organic citrus.

BEA TRUM

We dined gloriously on fresh vegetables bought from a local organic farmer (the Hunters are too busy to maintain an organic garden properly), a mostly-cabbage salad, and seeds. Beatrice, who ate chicken, feels we need lots of protein.

HUNTER

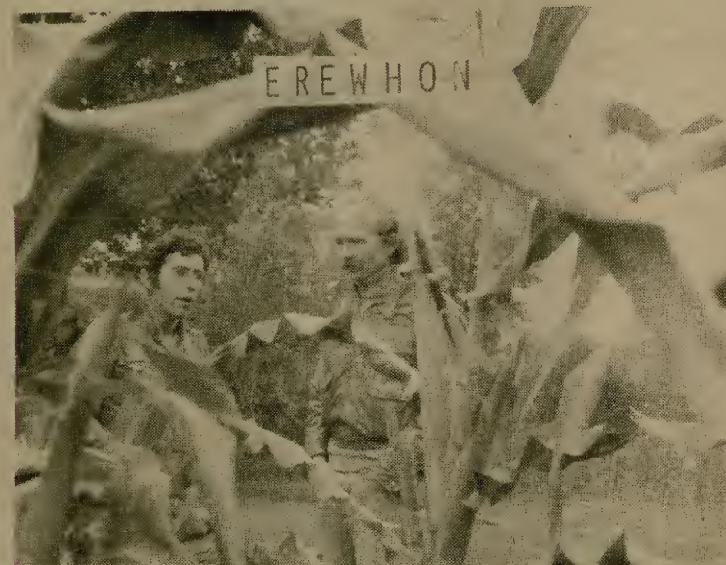


Afterward we sat with her in the study, in the converted barn where Hunters and guests stay in summer. Books, pamphlets and notes for Beatrice's current work in progress--another one on food--were arranged along a narrow couch.

Otherwise, there was a woodstove, some fine wildlife photographs - John's mother is a photographer - and the small desk holding her electric typewriter.

While each of us tested the family slantboard, we spoke of Beatrice's most recently-published work, Consumer Beware. "A good book," she observed matter-of-factly. "I worked on it for six years." Her Natural Food Primer is due in spring. She tried for years to get somebody else to write the book she has in progress now. "I didn't feel I was qualified. But no one else would write it, finally I decided that maybe I am qualified."

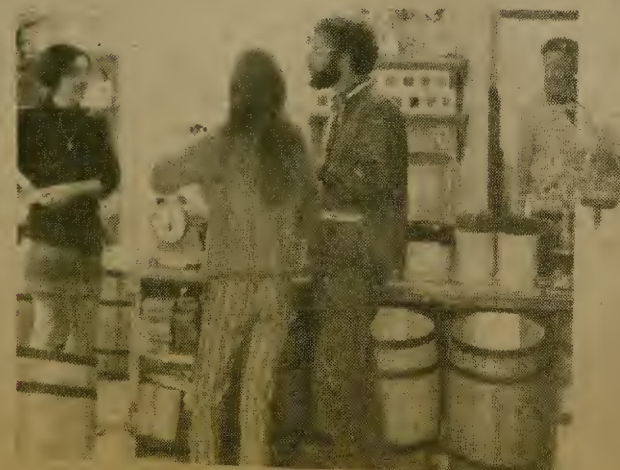
As we bedded down finally in the living room, the last sounds were Rob chuckling and crunching in the blackness as he worked his way through a Beatrice Trum Hunter windfall Baldwin apple - a riotously noisy undertaking in that quiet house.



Richard and Bob

Monday, the farms: By 7:30 of a raw next morning we were parked in the Erewhon farmyard wondering if anybody was up. Everybody was. The men long gone to the fields, the women cooking in the comfortably spacious kitchen of the 200 year-old farmhouse. In about one hour they would begin preparing the first of their two meals of the day, on a wood-burning range, a hearty meal consisting of soft rice and umeboshi plums, soup made from carrots, onions, swiss chard and noodles, and sauteed carrots and cabbage.

Field work for the women was over for the season, and they had been canning and pickling for the past month. The roomy shed was fragrant with drying onions and mostly apple butter cooking in large vats atop the two-burner gas range.



Sally and Rob: Erewhon

There is also a quart bell jar of corn and a pickle barrel half-full of homemade condiments. Besides raising food for Erewhon Trading Co., in Boston, the farm also grows specialty foods such as daikon for Chinatown, keeps a store in nearby Keene, and plans to open a restaurant once harvest season is over. Erewhon farmers are particularly interested in growing traditional foods - flint corn and Hopi blue were two of their seed crops - and in using traditional farm implements. The most interesting piece of equipment we saw was a 100 year-old thresher bought from a local sympathetic farmer.

And what do the neighbors think of them? "Yankees are interesting people", said Richard Mensoff, who was acting as our guide. "They don't form snap judgements. If you lie under the trees and smoke dope they hassle you. But they've seen us in the fields at dawn and they hear the tractors going late at night, and they have to respect us."

Erewhon's agricultural method is an amalgam of Biodynamics and Zen. Eventually they plan to experiment with Japanese plants which are seldom grown in this country, although climate and topography of New Hampshire, for instance, are similar to northern Japan.



Besides daikon, they raise burdock, edible chrysanthemum for tempura, aduki beans and the purple chiso used in pickling umoboshi plums. When crops can be raised to feed them, horses will be used for the farm work. Eventually the farm will expand into a community of about a hundred people. Twenty-two (more or less) live on Erewhon Farm now, one couple in the sugar house, another couple in a second outbuilding and Richard and his wife in a one-room house he was building in readiness for winter and the birth of his first child.

"We are students," he said thoughtfully, "Building this house is a study....I'd rather cut the lumber by hand, but I've got a schedule to meet." Later when asked if meditation were practiced, he said, "When we eat and work together, that is a kind of meditation. When I join a piece of wood, that is a meditation too. I feel that everything should be done with my whole self..."

The store in Keene was spacious, uncluttered, clean and artistically arranged - very Zen. New wood and crockery predominated, the latter in five gallon crocks used for presenting grains and legumes. We bought some splendid Vermont cheddar cheese, nuts and vegetables from the farm. Then we checked the bulletin board, and headed for Brattleboro Vt. where we planned to eat lunch at The Common Ground.

We sat in one of the two large dining rooms. Our fellow diners at the common ground ranged from freaks to business men and thin New England matrons in tight permanents.

The restaurant is co-op started by a group of school teachers. New members can join by donating \$50 worth of work, goods or money. The group shows films and arranges folk dances in the evening, and has offered their quarters to a community college for evening classes. An organic baker now uses the kitchen after closing hours.

The ambience is homey; guests help themselves to food; chairs are grouped at one end of the outer dining room and invite diners to hang around awhile. Food is reasonably priced - 20¢ for soup, 50¢ for rice and vegetables, 60¢ for egg sandwich. We sampled soypatties (recipe nearby on these pages; look around) sauteed vegetables and rice (chewy and not at all sticky - a

real triumph for restaurant cookery) thick egg drop soup, fresh peach pie under crunchy granola topping - and all uncommonly good.



Then we visited three stores and one in progress: Natural Universe on the main street in Brattleboro, a small upstairs place selling fresh eggs and dairy products, flour, syrup, some vegetables, good breads; and the Good Life of a couple of blocks away on the same street, a much more ambitious enterprise which offers, besides food, imported wines and beer, a modest stock of books and some appliances. The third store: Butler's Pantry, located in the back of the Butler family home in Westminister, Vt.

The Butlers sell packaged items, local produce, goats milk yogurt which Butler makes himself, and grains and beans displayed in woven baskets. The store is well appointed; Butler deals with local farmers as much as possible, sees the store as an educational enterprise. Many of his customers are local country folk, kids are much in evidence, and he is active in various organic projects thereabouts. "Come back!" he urged. We promised to return in February when we plan to spend a long winter's night at Erewhon farms.

Rt. 5 outside Putney, Vt., a group led by Toby Raymond was painting and pounding together a new health food store. It looked good. Salt of the Earth was the name.



VERMONT



WEEKEND...continued



Near Putney we talked for an hour with Samuel Kamen at Natural Farm. (see page) Kamen, undisputedly the leader, is energetic and decisive, and seems to be affecting a natural food movement almost single handedly. In recent weeks he had organized two cooperatives, one for farmers and the other for consumers, and he formed his own commune drawing on what he had learned from commune living six years previously. He feels that firm leadership and organization are vital in keeping a farm going. All work is shared equally by men and women, except for his own wife who is busy with the three Kamen children.

Kamen is an engineer who expects to use his farming and engineering skills in designing equipment for organic farming.

Like Erewhon, the farm is essentially a study center maintained by selling produce to Erewhon and Star Markets in Boston. And, again like Erewhon, bio-dynamic gardening is practiced. They maintain close contact with Three Fold Farms in Spring Valley, N.Y. Kamen is especially proud of his corn, as you will note in reading his speech elsewhere in this issue. Among other crops is blue Indian corn, which he plants as the Indians do, as a form of prayer -- atonement to the Indians.

The winds blustered around us as we trudged fields and fields past amaranth flourishing among the corn and sunflowers nearby (Cuban companion plantings of corn and sunflowers resulted in a 20% yield increase), cabbage and tattered brussel sprouts (a major crop) and several fields of clover - the cover crop - in various stages of growth. Green strips to keep out bugs and maintain ecological balance edge the fields - with good success, Kamen told us.

Natural Farms puts out a newsletter for the farmers' co-op and organizes lectures and other exchanges. "Our farm is part of the free movement of information," Kamen said.

Our last stop before home was the hilltop house Alice Brock is living in before her own place is built. In the kitchen she posed, not willingly ("It's true - photographs steal your soul!") but amiably after all. "You know, a widow used to live here, and she always kept all the windows and doors covered. It was so dark in here I ripped down the curtains, shades and threw open the door... I really felt that I was liberating the house."

The air was warmer toward home; we drove through the last of the evening feeling oddly new.

SALLY



magazine reviews



BULLFROG INFORMATION SERVICE a freaky-hip monthly out of Eugene, Oregon (119 E. Broadway) 97401. Contemporary Cue for the Northwestern states. Issue #4 contains a brilliant 27 page comic section by Rob Anderson and Jeff Young tracing comics from the mid '30's to next week's Dick Weston. Emphasis is on sort of a Zap-infested Mad. Generally good writing, fine graphics, worth 50¢ an issue. (No subscription price given.)

THE BETTER WORLD NEWS (Paradise Publishers, P.O. Box 5372, Santa Barbara, Calif. 93103), 12 issues \$3.00. "Better World News is a series

of positive statements on how the people themselves can live better for less money and save their environment at the same time," says the Publisher. Full size newspaper format featuring a curious mixture of homesteading and politics aimed, perhaps, at the guy deeply embroiled in the life of the city who is yearning to split. Most articles non-acknowledged reprints from U.S. government publications, old homesteading journals and pamphlets, and United Agency catalogs. Interesting mixture of useful information.

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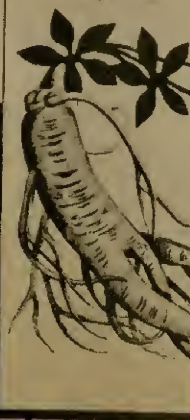
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DR. GUTMAN'S MAGICAL PINS

by Rob Gannon

The patient leaves the tiny waiting room with its ancient tapestry, medieval paintings, and hammered copper blood-letting cup, and enters the inner office. The doctor who greets her is tall and lean, and his hair, wisped with gray, sweeps dramatically back along his shrinking hairline. He has an air of distinction, someone to trust.

They talk. His voice, Viennese accent still heavy after more than two decades in the U.S., placates, soothes. He has her total confidence.

The doctor decides the patient has an underactive gall bladder. He asks her to slip off her left shoe and stocking. He picks up a tiny, solid gold needle and calmly sticks it into the side of her ankle. Then he pushes another needle into her leg near the knee, carefully inserts a third near the outside corner of her right eye.

Fifteen minutes later he plucks them out. The woman walks away happy, her gall bladder symptoms gone.

The doctor, William Gutman, M.D., 70 is a licensed physician, a general practitioner, and, his patients insist, a good one. His office is just around the corner from the Metropolitan Museum of Art in Manhattan's smart upper east side, and his waiting room usually is full.

Dr. Gutman treats most of his patients with conventional and homeopathic medicine. What also sets him apart from the rest of his profession is the use of those pins. This makes him an acupuncturist, a practitioner of the ancient Chinese system used for everything from impotence and piles to tonsillitis and appendicitis.

The treatment used to be limited to the Orient, to mysterious and mystical doctors who as often as not prescribe the swallowing of live tadpoles to guard against pregnancy. Lately, however, acupuncture has gained an astonishing number of converts in the western world -- numbering hundreds of thousands of sophisticated Europeans. Dr. Gutman has the distinction of being the first man in North America to be both an M.D. and an acupuncturist.

He leans back in his swivel chair, props slippered feet on the corner of the sofa, looks at the ceiling and spreads his long arms. "Imagine that the skin is like a huge projection screen of the body and all its organs," he explains. "Hundreds and hundreds of nerves are ending in the skin, connected backwards through pathways to organs in the body. If you happen to know with which organs these points are connected, you can, through acupuncture, reach them and influence them. You can go inside the body without cutting it up."

acupuncture

Gutman finds he's spending more and more time treating with acupuncture, less with conventional methods. "As I learn more, I'm using it more frequently in difficult cases," he says, particularly in those cases that have been treated in the usual manner, without success, cases in which it is not worthwhile to do more of the same. And the patients often respond excellently.

"I will give you an example: I have a patient who had sinusitis and chronic allergic rhinitis for 40 years. She had tried everything. Finally a specialist sent her to me, I cleared her up completely."

In another typical case Gutman helped a heavily-built man with a slipped disc -- a lower back injury -- who had undergone surgery. "Despite the operation he was still suffering frequently from attacks of what is commonly called 'lumbago,'" said Gutman. "When he came into the office, he was crooked, bent with pain; he couldn't straighten up. I gave him the needles, and 15 minutes later he went out straight."

The late English novelist Aldous Huxley, absolutely convinced of acupuncture's efficacy, once wrote: "That a needle stuck into one's foot should improve the functioning of one's liver is obviously incredible ... The only trouble ... is that, as a matter of empirical fact, it does happen."

The reason, according to acupuncturists, is that every part of the body is influenced by one or more vital organs. When something goes wrong, when the body is ill, the organ controlling the

(continued next page)



WHERE ARE YOU NANCY LEE????

ACUPUNCTURE UPDATE

by Diane Schmucker

Last May, for probably the first time since the communist takeover in China in 1949, two American biologists, Dr. Arthur Galston and Dr. Ethan Singer, were allowed to visit Chinese research institutions. The visit alone made the front page of the New York Times, but what they witnessed at Peking Hospital No. 3 had even greater impact.

The scientists had seen a baseball-size ovarian cyst removed from a fully conscious woman. The method of anesthesia? Acupuncture. The reports and photographs released by the two highly respected biologists have stimulated a new interest in "traditional Chinese medicine," as it is called in China, in both the orthodox medical world and among American laymen.

The most active and serious new cause/effect research is being done in Russia. Shila Ostrander and Lynn Schroeder, in their fascinating book Psychic Discoveries Behind the Iron Curtain (Bantam Books) report the work of Valentina and Sereyon Kirlian -- a husband and wife team who devised a method of high frequency photography

(con't Page 9)



Lung meridian



Kidney meridian



Large-intestine meridian

ACUPUNCTURE...con't

seat of trouble sounds an alarm at certain specific nerve endings on the skin. Sometimes the alarm is nothing more than a slight sensitivity or warm sensation. At other times this nerve ending (or series of them) pains sharply. The ending is so small, though about 1/10th inch in diameter -- that the ill person is rarely aware of any sensation.

Now then, if you jab this spot, called a point, with a fine needle (no injection; just the bare needle) you affect the controlling organ in some way, according to the acupuncturists.

What happens to the organ and the disease when the proper point is stuck depends on a whole variety of curious things. Time of day, for instance. But most of all it depends on the material the needle is made of. Gold needles, so Gutman and his fellow acupuncturists believe, act to stimulate; silver needles, to sedate. "If an organ or organ system is underactive, with gold needles we tonify it and bring about a norm," claims Gutman. "If overactive, we calm it down with silver." The reason, he says, is that the needles tap the lymph system, and like a battery, set up a small electric current. "With gold, the current flows one way; with silver, the other."

Gutman's needles are one inch long (they're available up to 10 inches) imported from a goldsmith in Munich. One needle prick may be enough, or it may take a dozen. A headache, for example, may be cured by jabbing the big toe, with a single needle; hay fever "complicated by treatments with modern drugs" may take a dozen needles and as many visits, as Gutman explains it.

The points are scattered along twelve meridians running down the body, invisible lines which a Yale Medical School graduate would have trouble recognizing. (One acupuncturist claims that he can spot these meridians with a microscope. Small, oval, strange cells clearly line the way, he says.) Each meridian is related in some way -- acupuncturists are rather vague on this detail -- to an organ. The bladder meridian, for example, starts at the forehead, travels back over the head and down the back to the rump, then jiggles down the leg, ending in the tip of the little toe. Jab the correct point on the correct meridian, and, as explained by English acupuncturing physician Dr. Felix Mann, "the nerve fibres of the autonomic nervous system are stimulated; the impulse goes to the lower centres of the brain, and then back again to the diseased organ, which is restored to its normal balance."

While most acupuncturists talk about Life Force and of negative and positive factors which cause it to flow or not to flow through mysterious "energy channels," others speak of illnesses changing electrical patterns of the body. They say that disease may be likened to an obstruction, and that by traumatizing "obstructing triggers" with needles, the "electrical potential" is altered, and again the body is balanced in elegant harmony.

Acupuncturists who favor the electrical-balance explanation point to recent research which shows that the body's electrical system indeed can be affected by needles to a certain extent. At the University of Chicago, for example, doctors jab tiny needles through holes in the skull directly into the brain to stop hemorrhages. When a mild electric current is sent through such needles, blood clots form which temporarily shut off bleeding arteries. (By reversing the current, clots are prevented.) To make the seal permanent, thin copper needles are inserted and left for a week. The copper attracts blood cells because of their negative surface charge. A permanent clot forms, damming the hemorrhage.

Despite such attempts to find reasoning behind acupuncture, however, nobody comes close to an air-tight theory. "But the important thing isn't the exact mechanism" asserts Gutman, "though that would be highly interesting. The important thing is that the treatment works; the pins really cure (pause) unless you miss the right spot. Then nothing happens. In my experience I have found no negative reactions. Either it works, or it doesn't; it never harms."

Some practitioners drive the pins painfully far into the body. Dr. Ilza Veith, a history of medicine professor at the University of California's San Francisco Medical Center, tells of Far East acupuncturists inserting needles five inches deep, and of "unsterilized needles driven ... into solid organs such as the liver."

"Unsterilized? Never!" snorts Gutman. "Only if done by quacks. Also, the treatment is practically painless. A few days ago I gave a five-year-old boy a number of needles, and the only thing he minded was the sitting still for 15 minutes while they took effect."

Dr. Gutman looked at me, hesitated, said, "Here; hold still," and before I could object leaned forward and stabbed a needle into my forehead. I sat like a unicorn, my composure shattered. But surprisingly, there was no pain.

ACUPUNCTURE...con't

"You see, I insert the pin only so far that it shouldn't fall out," he explained.

Not surprisingly, when conventional M.D.'s hear about treating maladies by needling, they shudder. "Curing people by sticking them with pins is utter nonsense," says Cincinnati gynecologist Harry C. Roach. "It makes about as much sense as treating black eyes with beefsteak, or impotency with ground up rhinoceros horn."

Adds Dr. Robert L. Rowan, New York City urologist: "You show me 100 acupuncture patients and I'll show you 100 patients who I can treat with a shot of sterile water in the arm."

Dr. Frank A. Elliott, chief of neurology of Pennsylvania Hospital in Philadelphia theorizes that if there is any effect at all, it is as a "Counterirritation," an occasionally - used medical treatment where the skin is abraded chemically or mechanically to counteract inflammation. And Donald Gould, a Hong Kong University physiologist who toured Peking's prize acupuncture institution calls the practice "a primeval system of magic untainted by ... rational virtues."

And yet, as absurd as it appears, the strange treatment is galloping westward. In Leningrad the Bekhterev Institute has set up a special lab to find out if acupuncture really works, and if so, how. At Moscow's Botkin Hospital and others, patients are being needled on a regular basis. German acupuncturists find interest so high they publish a journal. Physicians in Switzerland, Belgium, and Italy are increasingly pricking their patients.

In France, the swing toward acupuncture is amazing. Hundreds of medical doctors are using it on a regular basis, while a thousand more are dabbling. A dozen hospitals, including Paris's famous Hotel Dieu, have either out-patient clinics or fully operational acupuncture departments.

Even the traditionally staid English apparently want to become pin cushions. When rumors about the strange cure began to grow, say British author Brian Inglis in The Case of Unorthodox Medicine, "only a handful of doctors knew about acupuncture, but practitioners of unorthodox medicine hastened to meet the demand; and clinics mushroomed into existence in towns all over the country, attracting hordes of patients." Today, he says, untrained practitioners "have arisen to meet the British public demand like ice cream vendors to exploit a heat wave." They get the bulk of their background from the Random House book Acupuncture -- The Ancient Chinese Art of Healing, by the high priest of English speaking needlists, Dr. Felix Mann, or by Louis Moss's Acupuncture and You, published by Citadel Press.

So far in the U.S. we have only Dr. Gutman on the east coast, Dr. Cecelia Rosenfeld on the west, and an occasional private Chinese or Japanese herb doctor practicing traditional oriental medicine. A specialist in tuberculosis at Leahi Hospital in Honolulu, Dr. Gilbert A. Ching, likes to tell of an 85 year-old Japanese masseur who was admitted to the hospital because of tuberculosis. When doctors X-rayed him they were astonished to see 80 short, black lines on the film. Come to find out, they were gold needles. Seems the fellow considered himself an expert acupuncturist, and became his own best patient. But he kept losing needles. They'd slip beneath his skin.

In New York City's Chinatown a while ago, Henny Mei, an "information man" of the Chinese Consolidated Benevolent Association, got a telephone call from the Greek embassy in Washington, D.C. Someone there needed the help of an acupuncturist quick, says Mei. But he knew neither of Dr. Gutman nor anyone else.

Once at Henny Mei's suggestion, I walked the twisting streets of Chinatown asking the herb stores for names of local acupuncturists. No one could (or would) help. When I explained to one puzzled herb-store owner that acupuncture is the treatment of ailments by sticking needles into the skin, he looked incredulous, said, "In the skin? Why don't you go to a dermatologist?"

Actually, there probably are some Chinese acupuncturists around the neighborhood, but tough laws regarding practicing medicine without a license drives them underground, "If done by someone who is not an M.D. it is of course illegal," says Dr. Gutman. "But as an M.D., I am perfectly free in choosing my methods."

Gutman The Acupuncturist differs from mainstream belief in other ways, too. He is against public water fluoridation ("The number of fluoride poisoning cases is growing"), is not a member of AMA ("I just don't agree with their policies"), feels that vitamin pills are a crock ("Mainly, it's a big racket"), and characterizes osteopathy and chiropractic as "America's great contribution to world medicine."

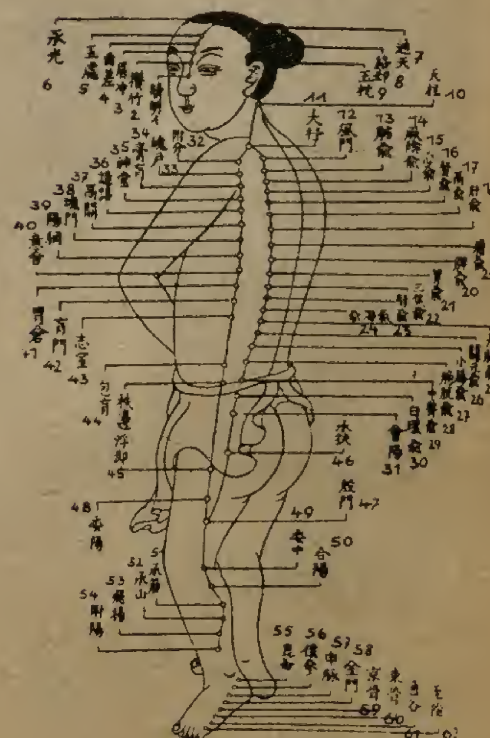


POLLUTION STARTS IN YOUR BACKYARD

ACUPUNCTURE UPDATE ...con't

which reflected a picture of "energy impulses." After years of observing yellowish-red, blue, and violet light which flamed from specific points over the body, they noticed a definite correlation. "The spots where lights flared most brilliantly appeared to match the acupuncture points the Chinese mapped out thousands of years ago!"

Following the work of the Kirlians, a Russian surgeon, Dr. Mikhail Gaikin, and an engineer, Vladislav Mikalevsky, invented an electronic tool called the "tobiscope" which can locate the miniscule acupuncture points (a very difficult feat even for experienced acupuncturists) within a tenth of a millimeter. This instrument was acknowledged by the Soviet government and was part of the Russian scientific exhibit at Expo '67 in Montreal.



Urinary-bladder meridian

Dear Real Food Family,

I write to you from the shore of the Colorado River, at the very bottom of the Grand Canyon. The river is ice cold, so my body told me after I plunged in. High rocky walls stand upon the sides of the river, forming a grand passage for the rolling water.

Dulse seaweed is far out. Mung beans are sprouting. Soon I'll have fresh green vegies. I have truly an amazing supply of food.

1. Three pounds of rolled oats. A half of a cup of oats combined with one cup of fresh, gleaming river water, and some currants for sweet taste, provide the greatest, simplest museli I have ever eaten. Oats when soaked give off its milk. So creamy, so good.

2. Sunflower seeds mix with raisins. What a pick-up.

3. Finn Crisp - very light they are, but oh so good.

I have other food too. But I'll tell you about it some other day.

When the Jews left Egypt, the elders mixed flour with water and maybe a little salt, and combined them together. They baked the mixture which was a flat, thin dough, under the sun or in stone-clay ovens. When the dough had gotten good and hard, becoming thin round wafers of crunchibility, they removed it from the heat. This the Jewish people called Matzoh. It was truly the Manna which the Lord sent from the heavens. So economical this Matzoh was, it lasted all the way from Egypt through the dry sands of the Red Sea, into the Sinai Desert, and finally into the promised land of Israel.

Matzoh still lives. When I left New York I baked some. It is the greatest food substance. All you need is a little flour, water, and salt. Make it real thin and round or square and then bake. It's a great back-packing food.

Keep your eyes keen and your ears clean. More words shall someday come.

Charlie



Do they
know
what I'm
doing?

He first heard about acupuncture while a medical student at the University of Vienna in the mid '30's. "The professor derided it, but I said to myself, 'Some day I'll try that, and then I'll judge.'" But he forgot about it until 1946 when, while visiting Paris, he ran across translations by a Frenchman named Georges Soulie de Morant, the man credited with bringing acupuncture to Europe. Gutman found more books, studied, gradually worked the treatment into his practice.

Such diseases as emphysema, cancer, and tuberculosis, he says, are ordinarily beyond acupuncture. But the practice is used to treat a wide range of illnesses. A few years ago Indonesia's President Sukarno was scheduled for kidney surgery. But his spiritual adviser told him it was the wrong time for contact with steel. So he called in the local acupuncturist and, at least temporarily, had his kidney troubles needled away.

Gutman finds needling particularly useful in treating simple fatigue, and cites himself as one of his best subjects. Some time ago he was scheduled to give an important lecture, but was a state of exhaustion. "Since the acupuncture points I needed were in front, I was able to treat myself. I remember I seemed to feel streams of energy coming in, and two and a half hours later I felt I had taken on wings."

Occasionally the doctor gets a backache. To fix himself up he needs four needles -- two in front, two in back. He puts in the front two, then calls in his blushing secretary, and with the help of a mirror, guides her in inserting the two behind.

One thing nice about acupuncture: You don't have to carry around a lot of equipment. Just recently Gutman was called to the home of a new patient, a 60 year-old business man suffering from a slipped disc pressing on his sciatic nerve. As the doctor, empty-handed, entered the bedroom, the man's agony was obvious. "I'm sure glad to see you," the patient said, wiping his eyes with an enormous blue handkerchief. "I've been looking for an acupuncturist ever since I left France last year. These pain-killing drugs are worthless."

The doctor examined the patient and diagnosed the problem. Then from his breast pocket he took a silver box the size of a cigarette lighter, slipped from it one gold and two silver needles. He stuck the gold needle into a spot just below the patient's left ankle. Then with the man lying on his right side, Gutman felt the skin along his back, carefully inserted the silver ones. Fifteen minutes later he pulled them out. "That's the first relief I've had in weeks," said the man, smiling for the first time.

As with most of Gutman's acupuncture patients, this man sought out the doctor. "Usually a patient is recommended by someone else who had good results; he doesn't just come in from the street," say Gutman. "So on that basis none of my patients has shown the slightest shock at the treatment. My old patients, of course, trust me, and when I say, 'Now we'll try something different' and give a brief explanation, they accept it."

A man might practice off-beat medicine for the money. Yet Gutman's waiting room is so crowded with conventional-medicine patients he can hardly handle the volume. Or a man might do it for the publicity; but Gutman is, if anything, reluctant to talk with reporters. Or a man might delve into exotic cures because he sincerely believes in them.

"I'm worried about the side effects of modern drugs," he says. "Our experience with them is very short. A doctor is not really able to know them, because the average life of a synthetic drug is about three years. Then it's out. How can you rely on something like that? How do you know the side effects? Acupuncture, after all, has been used for 2000 years."

Actually, the practice is considerably older than even that. Sometime around 2500 B.C. Chinese healers declared that if a man were sick and you pricked certain points on his skin with needles, the red and green symbolic dragons Yang and Yin -- which control the forces of good and evil in each man's body as well as in the whole universe -- would be re-established in harmony. The sick man became well. ("But you must not talk too much about dragons," Gutman cautioned me. "Use 'sympathetic and parasympathetic nervous system' instead.")

Around 860 A.D. a bronze statue was constructed showing the points at which the dragons could be needled easily. For example, if a fellow suffered from flatus, treatment then (as now) called for a needle jab at a spot between the anus and the scrotum.

From the bronze statue, all modern charts descended. Aside from terminology, acupuncture has undergone virtually no change in some 4500 years.

In 1929 the Chinese condemned their ancient medicine and decided to go all out with the West. But in the past decade or two the pendulum has swung again; acupuncture now is being emphasized. The Chinese Medical Journal, in fact, recently reported that acupuncture is good for some 200 diseases, is particularly potent in acute appendicitis and infantile paralysis. Most of China's Western-trained physicians have gone back to school to learn the technique of medical needling. And, so it is reported by University of California's Dr. Veith, they have been converted, "imbued with profound belief in the efficacy of this ancient practice."

But why is the strange treatment now finding so many followers in the West? "It is difficult to explain," wrote Dr. Veith in the Journal of the American Medical Association. "It may be a reflection of the failure of scientific medicine to provide the cures for certain diseases, and its tendency to ignore or slight their psychological aspects."

And then again, maybe there's something to it after all. Laboratory experiments in Russia, France, and Korea purport to prove that although to the eye acupuncture points look like any other spots on the skin, to electrical instruments they are obvious.

One experiment for example claimed to show that the points are poorer electrical conductors than the surrounding tissue. Another indicated that the spots conduct sound better. In another experiment, radioactive phosphorous was injected into an acupuncture point, then traced. It slowly moved through tiny ducts -- which, strangely, closely paralleled the paths of the classical meridians.

In still another bit of research, a patient with auricular fibrillation (fast, usually irregular heartbeat) was hooked to an electrocardiograph, then needled at various points. On the non-acupuncture spots, nothing; but when the needle was stuck into a certain point on the inside of the right-hand wrist -- a point that's supposed to control the heart -- the fibrillation stopped. If such findings are confirmed, commented a French professor of medicine, "acupuncture may then be integrated without too much difficulty into the system of Western medicine (as) a branch of medical electricity or of radiology."

London's Dr. Mann recorded the result of his acupuncture treatment of patients in the Ear, Nose and Throat Department of St. James Hospital suffering from chronic headaches. Of 40 treated, he says, 32 were cured or showed considerable improvement, 5 showed moderate improvement, and only 3 patients showed no change. None had been helped by conventional treatment.

One Russian medical journal tells of a 1960 experiment in which 35 children with bronchial asthma were needled on wrists and backs every day for 10 days. "As a result of the treatment," the report states, "the attacks of bronchial asthma ceased in 28 children." The others showed no effect; "severe organic changes in the lungs" were too difficult to overcome.

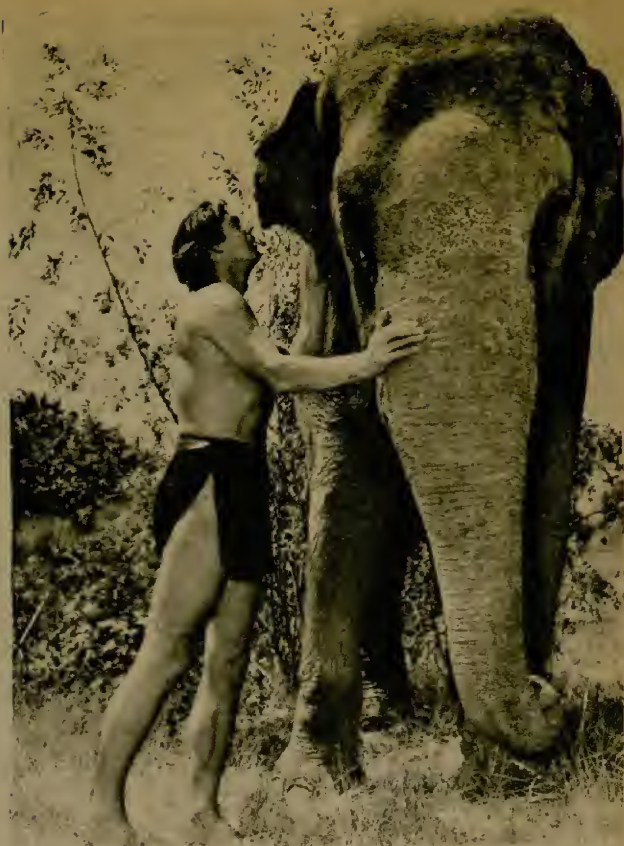
And in the U.S., a San Francisco physician named Ernest P. Mannheim reports in the journal Western Medicine that he occasionally uses a modified acupuncture treatment on "places of local pain." He finds that most painful conditions in muscles, ligaments, or connective tissue caused by old injuries may "react favorably and for the most part permanently to needling." Just why this should work, Dr. Mannheim can't say for sure, but he thinks that maybe the pain comes from bleeding inside the flesh, which causes distention. "Needling permits the blood ... to seep out of confinement through the holes," he speculates. "The pain caused by distention - vanishes."

Interesting reports -- something worthy of a wider look. But no long-range, scientifically-controlled experiment on any aspect of acupuncture has ever been run in this country. And there's little likelihood of one soon starting. I asked Dr. Gutman what would happen if he applied to, for instance, the National Institutes of Health for a grant. He shrugged, said, "Oh, they would be very, very polite, but they'd say no. They're not going to underwrite research of anything not now in the running."

No doubt acupuncture, in some cases at least, has brought about remarkable results. But the reason behind it, say detractors, is that the results actually come from suggestion, the so-called "placebo effect" -- curing with sugar pills because the patient believes them potent. Dr. Michael Kelly, a rheumatism specialist with particular interests in what he calls "medical myths," (and who calls acupuncture "an ancient and arbitrary myth which has no foundation in logic or in anatomy"), maintains that "... a proportion of the patients will doubtless be relieved because (1) they believe in the method; (2) they like their doctor; (3) their doctor is sincerely interested in their troubles."

If relief is only transient, remission of pain may mask underlying ailments which, undetected and untreated, may lead to far greater problems later. The former Dean of the Faculty of Medicine, Hanoi, North Vietnam, says that he knows of "definite cases of acute appendicitis in which (acupuncture) led to the

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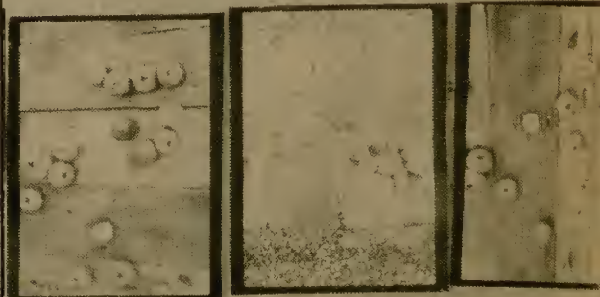
SOLID STUFF

Some people are very much aware of the solid waste crisis that the country faces. According to American Chemical Society figures of 1969, the average American generates 5.32 pounds of collected solid wastes per day. An additional five pounds of waste per person, per day is listed as uncollected, totaling out as over ten pounds of solid wastes distributed to each person daily. Expressed annually, Americans are responsible for 360 million tons of solid wastes.



"We cannot have more than what we are, and our harvest is according to our sowing. Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he reap."

Galatians VI:7



Dear Editor:

Your fine publication I picked up at Panacea, a health food store near here on 3rd Avenue. Because I am English I particularly enjoyed the article on "Hotplates" page 37, in reference to steamers. These are hard to come by here in America, though in England, much steaming of food is done as a matter of course. However, your article recommends "York Equipment, 354 Broadway, NYC." I regret to inform you there is no such place, no listing for them in the phone book, and Bell Telephone has no new listing for them either. Could you please tell me the correct address for this place. As you can imagine, a single person has little use for the other 22" model steamer the article mentions. Yat Chong, the company your article also mentions is listed.

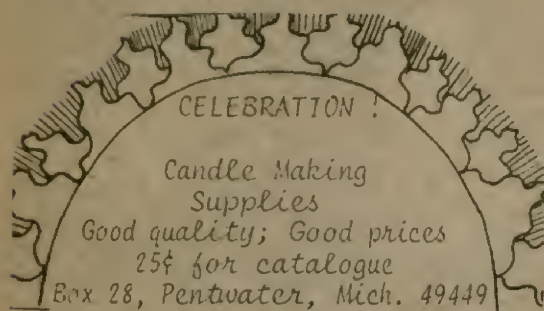
Hoping to hear from you soon and looking forward to your next issue also.

Sincerely yours,

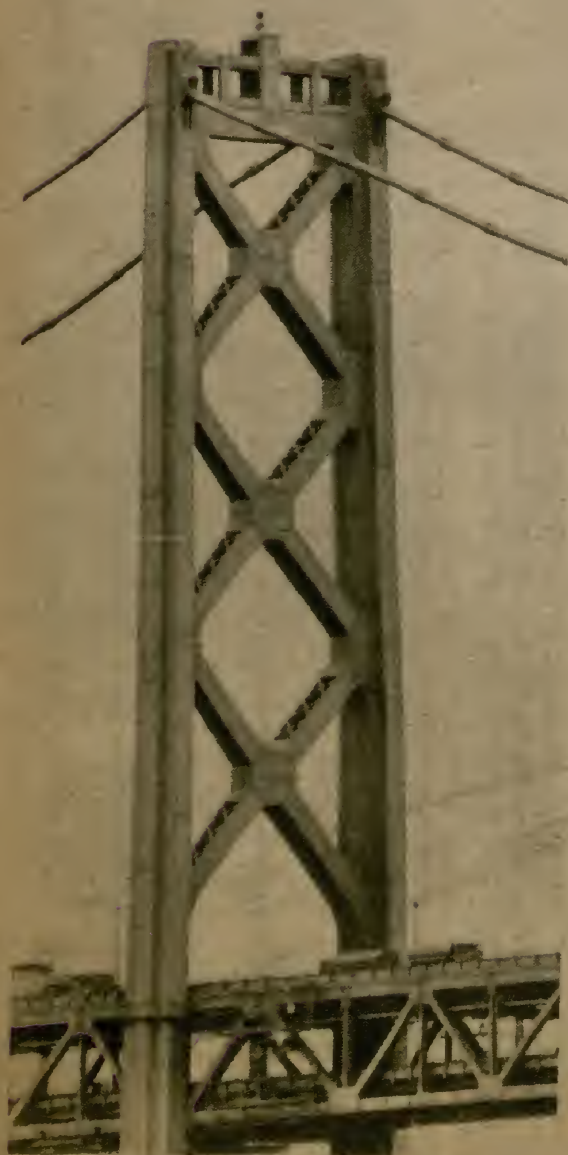
Fred G. Green

Correct Listing: York Kitchen Equipment Co., 35 East Broadway, CO7-8341, listed under Restaurant Equip. & Supplies. Sorry. Ed.

**KEEP
KEEP
SMILING**



Australian Birdman



**POLLUTION STARTS IN
YOUR BACKYARD**

ACUPUNCTURE...con't

the disappearance of pain, fever and resistance without stopping the process of perforation" and, usually the result was death.

If acupuncture truly is nothing more than suggestion, then it likely will have a lively, dramatic, and very short life in the West. But if, after all, it's good for something other than psychosomatic ills, then it deserves a solid look -- extensive, scientifically-run research. Proof is needed one way or the other.

One small step toward such proof may have been recently taken at Rumania's University of Bucharest. Dr. Gutman explains: "There is a specific acupuncture point that is supposed to increase the flow of gall when pricked, important in certain gall bladder conditions. At the University, a fistula, a permanent little drain, was put into a horse's bladder. Now whenever a needle is inserted into that acupuncture point on the horse -- far removed from the organ -- the gall begins to flow. This is unexplainable by conventional anatomy or physiology. And there's certainly no power of suggestion influencing that horse."

Organized American medicine is ready to mock anything not in the mainstream, Gutman contends. "When you ask a true scientist his opinion of something, either he will say, 'I tried it, so I can tell you...' or, 'I'm sorry, I have had no experience, so I cannot pass judgement.' That is the true scientist, not the one who sacrifices the most guinea pigs.

"Doctors here are not educated to think scientifically -- not in the way physicists or chemists are taught to think. Doctors are taught just haphazard observation. It's because of this training that they have derisive attitudes toward such things as acupuncture."

*adapted from an article originally appearing
in True Magazine.*

BAKED BEANS

Dear Natural Life Styles,

Much nonsense surrounds the mystique of cooking baked beans. This is unfortunate since dried beans are tasty and cheap and nutritious. Yet cookbooks and recipe columns perpetuate the myth that the "secret" of good baked beans lies in prolonged cooking time--six hours...eight hours, one recipe advises. This is sheer idiocy.

If there is any secret to cooking dried beans it is merely this: Put the beans in a suitable utensil and rehydrate and then cook them to softness with plain water without adding anything--repeat: without adding anything--until the beans are cooked to a suitable uniform soft chewable texture. Do not overcook or you will end up with bean soup. But bear in mind that at this stage in your cooking the beans are softer than they will ever be. From this point on, the cooking procedures toughen up and dry out the beans. The reason is dialysis.

Dialysis is the name of the process by which solutions of different densities pass unequally through permeable membranes. Another name for it is osmosis. Kids in high school hear about it but don't listen, because they think it only has to do with onion root-tips. After they're out of high school and want to cook up a pot of baked beans they've forgotten all about dialysis and are reduced to following the silly recipes which all cookbook writers seem to crib from each other. And they are sucked into that glib magic of long slow baking in

an earthenware pot. Forget it. Particularly if the pot came from Mexico or Spain and was glazed with a pottery-slip made from junked car storage-battery plates which give a good lead-

glass glaze but also lead poisoning to turn your lips blue and make you mad as a hatter.

Bring dried beans (navy, pinto, kidney, lima, red, black, black-eyed peas, soybeans) to a fast boil in any container that is handy. Simmer until they're soft.

Now transfer to a baking pot, iron skillet, casserole and add the tasty fixin's to give your beans flavor. There should be some molasses; a smidgen of garlic powder; some form of oil, a bit of butter; dried mustard; tomato sauce or catsup. Improvise. Bake. The best part is the crusty top part. The water which entered the millions of cells in Stage I goes out (reversing dialysis) in Stage II's out (reversing dialysis) in Stage II when the denser solution containing dissolved salt is outside the bean. Those kids who weren't looking out of the window in high school when they had the onion root-tip lesson knew this all along and can boil-and-bake perfect baked beans in about 45 minutes using this method--and that's 45 minutes from dried bean to crusty tasty bean-hole-flavor beans on the table. If you put the salt into the mixture before the beans are cooked soft, dialysis into the bean never takes place and the beans can cook for 6 hours or 16 and remain little hard bullets.

Peace,
Resist,

SIGMUND SAMETH
Hackettstown, N.J.

BOOK REVIEW: *THE GRUB BAG*, by Ita Jones

Howard Bloom

(*THE GRUB BAG*: Hardcover by Random House, \$6.95; softcover by Vintage, \$1.95)

The Grub Bag is a kitchen companion with a double identity. It is billed as an underground cookbook--a culinary counselor for cooks of meager experience, modest means, and militant politics. But it is also a philosophical primer which helps pinpoint the importance of food in the life of a radical and food's transcendent place in the web of life and death.

As a cookbook, *The Grub Bag* is most useful to the person easily undone by the complexity or thriftlessness of ordinary kitchen manuals. Its recipes are simple. Their ingredients -- like the common cabbage, the ever-available apple, the humble oatmeal--are the easiest to get hold of and the most comfortably priced. (Especially for artists, revolutionists, and the others among us who maintain our freedom by living on the marginal level.) And the results are geared to basic bohemian needs--portable food for demonstrations, aphrodisiac appetizers for evenings of love, and hearty preparations for day long trips.

Because of the book's relative paucity of recipes (one recipe every two pages as opposed to *Fanny Farmer's* eight), potentially dedicated cooks without a kitchen library would do better buying a few classics like *The Joy of Cooking* and some fat, well-indexed compendiums of foreign or natural cookery. But the kitcheneer already well supplied with the more basic volumes will find *The Grub Bag* useful for its variety of unusual and even bizarre combinations, ranging from tuna-apple sandwich filling to carnation-petal butter, or ketchup and grape jam meatball-sauce. The book might even prod the reader's imagination into paths entirely unheard of in the traditional tones.

Unlike the traditional cookbook, *The Grub Bag* can be read from cover to cover by someone totally uninterested in cooking. The book originated as a series of articles for the Liberation News Service. Each article was actually an essay, some suffused with absent lovers, greening leaves, or newly fallen snow, others reflecting on the relationship of man to his environment and himself, or on the necessity for and viscissitudes of revolution.

The essays put food in perspective for people to whom revolutionary change and human fulfillment are the values of primary importance; even the activist must eat. But, more importantly, the author challenges the notion that food is an inert substance whose origin is in the grocery store. She reminds us that each meal is made of living things which have been sacrificed so that we may live. Death--the departure of undying spirit from the physical form--is necessary to the continuation of life.

As a consequence, she includes a section on preparing game, and seriously recommends that her readers confront their living benefactors in the hunt before enjoying them at the feast. She even pauses to argue that we should honor our closest friends at their death by partaking of their flesh, and be pleased to offer ourselves in turn for the post-humous honor of ingestion. Ita Jones realizes the horror her suggestions will inspire, especially her vegetarian readers, but she feels that our eating, more than anything else, ties us into the chain of being and offers us the opportunity to realize how we are served in life by other organisms so that in death we may become of service ourselves.

Quotes from *The Grub Bag*...next page

grub bag



Photographs by Art Herold



QUOTES FROM THE GRUB BAG



"The longest continuous civilization in the history of man thrived, and still does, on rice. The only country to drive into frustration and desperation the most powerful imperialist force in the world thrives on rice."

"Rice grows silently on hilltops which reflect the sky between the long, thin reeds and pass into the plants the indestructibility of clouds, which nothing can disperse and keep from re-establishing."

"Once you're making bread, you may as well make several loaves. If you can't use them all within a week, freeze one for the following week and give another to someone you like... This type of arrangement also works well for jars of breadcrumbs. Preserves, too, can be made in quantity and shared. The person making the preserves could trade a jar or two for a loaf of your bread, etc. Or once a week make an enormous pot of soup... and trade a couple of jars of it for bread and preserves. And so on. Ideally, this would happen on a regular basis, so that certain items could be depended on by the three or four of you involved."

"Sitting at the kitchen table yesterday, I cleaned and shelled a pound of fresh shrimp--the pink-and-white soft bellies stripped off the transparent, flower-like shells, the gut system knived out, the heads chopped off. I felt murderous, and yet, a calm feeling was settling like a snow in me. I didn't feel separated from nature as I do when I open a box or can and stare at the bloodless, diced, dried, powdered, unrecognizable 'food' which permits one to look neither life or death in the face."



When
you get
to the
top of a
wall
keep
climbing
....
Zen

APHRODISIAC COOKERY: ANCIENT & MODERN by Greg & Beverly Frazier, illustrated by David and Dennis Redmond. Published by Troubador Press, 126 Folsom Street, San Francisco, Calif. 94105 p 119 \$4.95

This book is attractive, cheap (relatively) nicely illustrated (in the style of Indian or Japanese woodcut) and informative. Much herb lore, sex lore, gourmet recipes. With bibliography and index.



MAH FELLOW AMERICANS, by Ron Cobb, published by Real Free Press. \$3.50 in 8 1/2 x 11 softcover. 96 pages.

Okay, let the overground liberal press have its Herblock and Mauldin. The underground press has developed its own editorial cartoonist, Ron Cobb, whose style and signature

RCOBB
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are now as recognized to one reader segment as Berry's World is to another. Now Cobb's work is out in book form: a 96-page, 155-drawing, Time-size paperback. Get it from the publisher at Runstraat 31, Amsterdam, for \$3.50, including postage.

SYNTHETIC VITAMIN C - UNMASKING A SORRY SUBSTITUTE

Howard Bloom

Brightly colored nests of rings and flares - chemical footprints left by a vitamin solution as it inches its way across a piece of filter paper - are providing biochemists with evidence that synthetic vitamin C is not an adequate substitute for the real thing. The patterns are being produced by a new variety of chromatography, a technique long used to separate the components of complex chemicals. A filter paper wick is dipped into a vial of vitamins liquefied with a special solvent. The wick transports the solution to the center of a filter paper disk, where it spreads with the eagerness of water invading a blotter, leaving colored ripples frozen in its wake.

Recently Dr. Justa Smith, a nun and biochemist at Rosary Hill College in Buffalo, has been using the technique on natural and synthetic vitamin C. While the natural vitamin leaves a brightly colored medallion of fluted circles overlaid with flare-like tracings, synthetic vitamin C leaves only drably tinted, unadorned rings.

The complexity of its patterns suggests that the natural vitamin contains something the artificial vitamin does not, but no one is quite sure what. Dr. Smith suspected that the pattern might indicate the presence of a protein. Indeed, on testing, she found there was a protein in the natural vitamin. (The synthetic counterpart has no proteins whatsoever.) What's more, the protein showed signs of being either wholly or partially an enzyme - one of those critical instigators of the chemical matings and separations essential for life.

but the protein in natural vitamin C may not completely explain the vitamin's intricate trail. Dr. Smith obtained equally elaborate patterns from clay - a substance without proteins or organic components. She imagines that clay's mineral-richness may be responsible for its chromatographic complexity, but that is only a guess.

The nature of natural vitamin C's extra components may remain enigmatic, but there is nothing enigmatic about its importance to health. Dr. Szent-Gyorgyi, a highly respected biochemist who not directs the research facility at Woods Hole, fed one group of rats natural vitamin C, while he fed a second group the synthetic substitute. The rats fed the artificial vitamin showed a normal tendency to develop bruises. The rats fed on natural C, however, showed no tendency to bruise.

vitamin C

Here are more points to keep in mind if you'd like to cash in on natural vitamin C's mystery element. BHA and BHT, two popular preservatives so potent that only the packaging material need contain them, both destroy the complexities of the natural vitamin's chromatographic track. Aging the vitamin C also causes its chemical complexities to disappear. So try to get your vitamin C from fresh, natural sources, untouched by preservatives, or you may end up missing a valuable nutritional bonus.

(Dr. Linus Pauling, currently crusading evangelically for vitamin C, argues that massive doses bring a wide range of beneficial effects, but he claims there is no difference between the natural and synthetic vitamin. "If anyone could get me an eyeball to eyeball meeting with Dr. Pauling," says Dr. Smith, "I'd sure appreciate it.")

Recipes from Aphrodesiac Cookery
(reviewed on preceding page)

COURTLY AVOCADO

- 1 large avocado
- 3 T cream cheese
- 1 1/2 T light cream
- 1 t mayonnaise
- 1 t chopped chives
- 1 1/2 T chopped walnuts
- 1 T chopped black olives
- salt to taste
- lemon juice
- crisped lettuce leaves
- grapefruit sections

Cut avocado in half. Remove pit and peel. Extract about 1 T of pulp to enlarge cavity. Mix cheese, cream, mayonnaise, chives, walnuts, olives, and salt. Fill cavity with cheese mixture and place halves together. Brush with lemon juice. Wrap and chill for several hours. To serve, cut in thick slices crosswise. Put on lettuce and garnish with grapefruit sections. Serves two.

HONEY AND MILK

- 1 1/2 cups milk
- 1/2 cup chopped walnuts (blanched)
- 1/2 cup light cream
- 3 egg yolks
- 3/4 cup honey
- 1/4 t cinnamon
- 1 T cornstarch

Simmer milk and nuts together to boiling. Pour cream, egg yolks, honey, and cinnamon in blender and blend until smooth. Dissolves cornstarch in a little cold milk and stir into hot milk. Add egg mixture and stir until thick and creamy. Serves four.

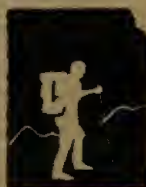
BROAD BEAN SOUP

- 1/2 lb. broad beans
- 1 small onion, chopped
- 3/4 cup chopped celery
- 1 clove garlic, minced
- 2 1/2 quarts water
- 2 large tomatoes, peeled and chopped
- 2 T olive oil
- 1 t oregano
- salt and pepper to taste

In large kettle place beans, onions, celery, garlic, and water. Cover and simmer over low heat for 1 1/2 hours or until beans are tender. Saute tomato, oregano, salt and pepper in olive oil for 5 mins. Add to soup and cook for 15 mins. longer. Serves 8.



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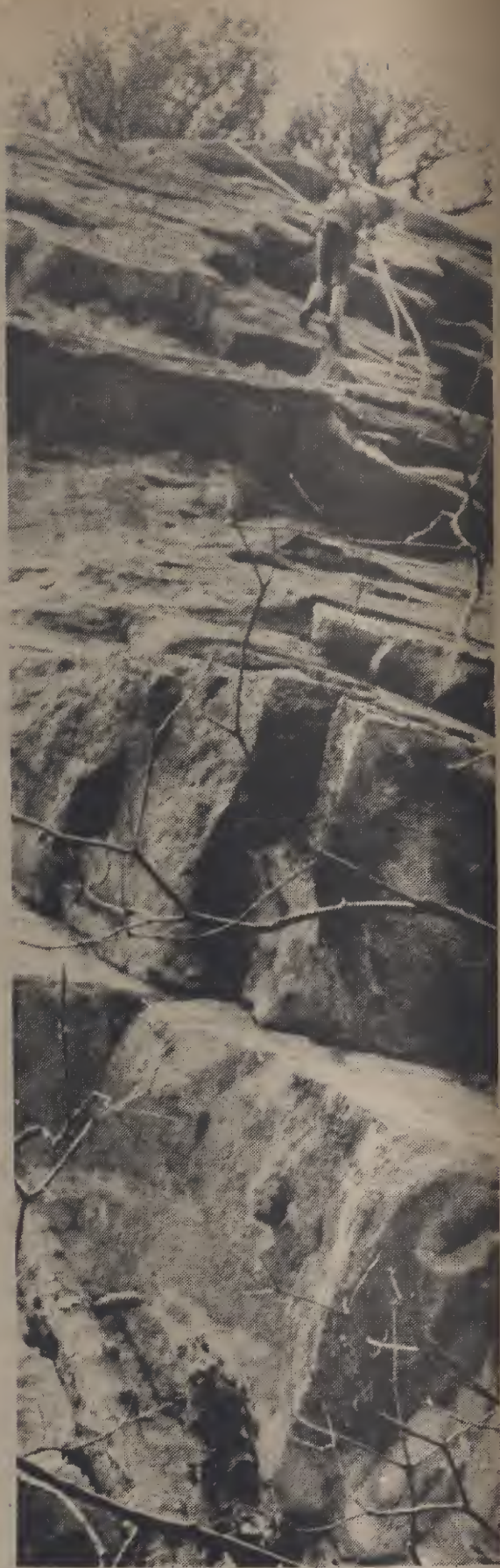
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SURVIVAL THERAPY by Michael Jeneid

*

EDITOR'S NOTE: Michael Jeneid is the founder director of S.U.R.G.E. Survival Therapy; an outdoor action program now being used in drug rehabilitation therapeutic programs in New York and New Jersey. He says that "S.U.R.G.E. (survival, urgency, rescue, growth, environment) is a logical development of Outward Bound's theories of self-realization. I use the total therapeutic community techniques embodied in the spirit of Synanon and combine them with highly adventurous outdoor skills."



S.U.R.G.E.

"A Zen student must learn to waste time conscientiously."

Suzuki Roshi

The expert climber's grading of a climb is his technical statement. No matter how much he struggles, or his stomach turns over on his way up. His effort, in print, will be summed up by a coldly clinical marking, such as 5.6.

The figure 5 means that the climb was made unaided by artificial means. But the other figure-- in this case 6 -- is the one to note. That one indicates the physical severity of the moves combined with the aspect of sheer exposure to height. Numerals 1 through 10 are used.

5.1 indicates a serious climbing problem, of no great technical difficulty, for which the leader and follower should nonetheless be roped together.

5.10 is the ultimate in severity; only the wizards on rock are aware of the prospect of such a route being attempted and few of these actually sustain this level of climbing in any one project. Recently some 'wizards' have been credited with 5.11 achievements. But I find this unsound mathematically and philosophically.

rock climbing

When it's your turn to climb and you call 'up rope' you are alone. It doesn't matter how hard it was for another climber, least of all the character who graded it, because while you are climbing, it becomes exclusively your problem and only you can decide how hard it is for you. However, even though there need be no evaluation of you by comparison with any other climber, the situation does not set up for self-appraisal.

It's not for me to say that when you have completed the climb you will recognize a new facet of yourself. But what can be said is this: If you don't find any reality on this occasion, you will at least be looking from another dimension into what St. Exupery called - "the true face of the earth" - and if you don't see it at the time, maybe one day it will get to you as it did to him.

For either of us, me on a new route and you on your very first climb on any rock face, in our haste or uncertainty a lot of what's available to us likely goes unrecognized. And relative to the physical and psychic energy we waste, our first attempts are not unlike extra road miles driven between A and B when we don't know the shortest route.

MICHAEL JENEID

When I'm at the crux of a hard climb I feel close to the brink of my potential as a human being; I mean I'm on my own edge, either approaching chaos--or closing with success. And from the alternatives I see available to me at this moment--hand holds, foot holds--I select what to use either to touch success or, possibly, to bypass chaos in order to seek another success at another level. Either way, what I'm learning up there on the rockface is to make calculations and decisions....the right ones relative to me in that situation. And since I feel I can carry some of these decisions with me into other areas of my life, I gain an inner strength from each decision made.

Of course there is compensation for the time I get frightened on my way up. The aviator's view is much like the mountaineer's; it reveals more and more of the Earth until explicitly as a bird must see it the climber see it. "The best flowers are mostly at the top under a ledge, nourished by wind." I like that line; it's from a poem called "Alpine" by R.S. Thomas.



If you were terrified up there you shouldn't deny it. After the climb there's time to explore rather than hide from the chemistry of what's happening inside you. If you bring your fear out into the open you can deal with it, while others who were there may help identifying with you. And if you were happy up there you can use that happiness to help someone else who didn't find the same level of enjoyment or understanding. You can share your feelings, because though you were solo while climbing, afterwards you listen to what others are saying and you'll begin to understand their feelings. Though others may have made the same climb as you, each has a separate experience which is entirely his own. And yet each one of you will be looking to the other for reinforcement.

There is quite a new appreciation of the rock surface when it becomes something you must clasp. Its textures and its shapes and faults will reveal themselves. You in turn must identify the variations of formations because you are using them for your ascent. Their uses become your only assistance. And if you black out the relationship between yourself and what is about you...you'll not get up.

Until climbed, the rockface presents an exterior not unlike the hard man who looks impregnable up front. It doesn't advertise its vulnerability any more than he does.



dandruff...falling hair

by Jack Soltanoff, D.C.
(creator of Biopractic in America)

The causes of falling hair (Alopecia) usually vary from case to case. It is sometimes due to specific diseases or infections such as typhoid fever, syphilis, hypo-glycemia, etc. In some cases it is hereditary. One scientific researcher listed 30 different conditions of ill health associated with hair loss, BUT the principal cause is nutritional. Either faulty diet, errors in diet, or lack of a balanced diet. The latest medical research made available at this date indicates that the over consumption of white sugar, cake, candy and ice cream is a contributing factor to each hair loss.

Experiments performed with all the known vitamins indicate that every one of them are important to hair health. However, the minerals, copper, zinc and iodine are particularly important.

Hair grows at about the rate of one inch every six weeks. It grows more quickly in summer than in winter and grows most rapidly between the ages of 35 and 60 which are usually the age when baldness usually takes place.

It is made of the same kind of tissue as the outer layer of the skin (epidermis). It grows in a very small indentation of the skin called a follicle. Probably surprising to you - HAIR DOES NOT HAVE ROOTS. The small bulb at the end of a hair that you might pull out is actually the LINING of the follicle in which the hair was growing and is NOT the root as is commonly thought.

Dandruff is the normal scaling off of old skin from the scalp. This scaling or sloughing off happens all over the body but is most noticeable on the scalp as it collects there. When it becomes very noticeable it is usually the result of an unhealthy condition of the body and is usually a sign of impending or ultimate baldness.

New hair actually grows from a part of the old one as it (the old one) moves toward the surface. This is the normal process of growth and Regeneration that takes place. With healthy hair, the rate of replacement keeps abreast of the rate of loss. Once an old hair leaves its follicle WITHOUT depositing a new growing nucleus, there will be no new hair to replace it. Baldness is then inevitable as the rate of loss exceeds the rate of growth.

In France so called "provincial" healers stop falling hair and increase hair growth by means of the following remedy; kerosene, castor oil, olive oil, and raw egg yolk. They mix all these ingredients together in equal portions. They then rub their hair and scalp with the mixture thus obtained every other day. (this compound must be well mixed to be effective).

Noted German naturalist Father Kneipp's method for increased hair growth was to mix 200 grams of veins of nettle (purchased in a homeopathic pharmacy) with one litre of water and 1/2 litre of cider vinegar (one litre is almost 9/10 of a quart). This mixture is to be boiled 1/2 hour. The liquid is then strained and rubbed into the scalp nightly at bed-time.

He also recommended the application of pure virgin olive oil to the scalp once weekly.

A successful solution for alopecia for the most part consists basically in a proper diet which does not contradict natural laws and which emphasizes sensible nutrition stressing raw fruits, vegetables, plus nuts and seeds and grains for the most part.

Many who have adopted this type of diet where the condition has not become irreversible have been pleasantly surprised that their hair has stopped falling out and a gradual growth of new hair has taken place.

Periodic and prolonged eating of raw foods tends to result in the renewing of a better quality tissue of not only hair but throughout the body. The regular application of steam to the hair and hot compresses, tend to stimulate growth also. They are thought to dissolve foreign substances already crystallized in the tissues of the scalp. All commercial hair dressings and hair lotions should be discontinued. Patronize your health food store for these items in a non-chemical form. All vitamins and minerals are beneficial.

Chiropractic adjustments with special attention to the neck and upper spine to free up-tight muscles and displaced vertebrae are especially indicated.

Exercise, walking, sports, as much time as possible out of doors, sun and air bathing, all contribute to maintaining a top notch state of health which includes scalp and hair health.

Finally, Make sure that the bowels are functioning properly. Cleanliness of the intestines without a backlog of waste as found with constipation contribute greatly to the success of generally improved health and of course hair growth.

In large part then as you upgrade your body health you also improve your hair health.



The universe is full of magical things patiently waiting for our wits to grow sharper.

ROB'S GRANOLA

- 2 lbs. oat flakes
- 1 lb. millet
- 2 lbs. buckwheat flakes
- 1 lb. grated coconut
- 1 lb. currents or raisins
- 1/3 lb. wheat germ
- 1 oz. rice polish
- 1 lb. sunflower seeds
- 1/2 lb. pumpkin seeds
- 1/2 lb. chia
- 1 lb. sesame seeds
- 1/2 lb. mixed, chopped, dried fruit
- 1 lb. mixed chopped nuts

Nice thing about it--you don't have to bake the stuff. However, it's very good prepared like oatmeal--dump into the same volume boiling water, cook and stir for one minute, then cover and let sit on a cool part of the stove for another few minutes. If it isn't sweet enough, mix in a cup or two of warm honey.

Alicia Bay Laurel—
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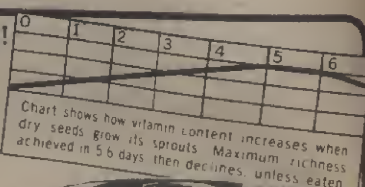
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Photos: Dan McCormack

THE FOUNDATION

A solid foundation is essential for a kiln. Whether it is built inside or out, the foundation must be level; outside, it must be impervious to the ground shifting with freeze and thaw. I built my kiln outside, so I was especially concerned about having it lay on a foundation set below the frost line--in my area, about three feet down.

The design I used called for a base 64 inches square, so I dug a square hole about three feet deep and a little more than five feet across, then wondered what I'd do about the foundation.

I could have filled the three-foot-square hole with concrete. But it would have cost too much, and I don't know how to pour concrete anyway. I could have sunk four six-inch holes below the frost line, filled them with concrete, and used the resulting pillars as supports on which to lay a platform. But I rejected the idea when I found that a steel or concrete platform five feet across would be too expensive.

So what I did was fill the hole with gravel, compliments of the county. It had been piled alongside the road just south of our farm.

Once the gravel was in, I laid two layers of concrete blocks, 16 each layer, on top of it, carefully leveling each as I placed it. The first layer was set without cement, so the blocks would give with the freezing. The second layer, cemented together, would be a solid base for the kiln body.

THE BRICKS

Kilns are made from "highly refractory" bricks that will stand temperatures to 1000° C. or more without cracking. You should use refractory bricks because common red bricks fracture and explode with extreme differences in temperature between the kiln's inside and outside. Refractory brick is easy to find or buy; it's an essential material in industrial plants which manufacture anything requiring firings. Bricks can be scrounged from abandoned factories, industrial boilers or furnaces being relined, or may be brought new from almost any business dealing in the manufacture of ceramic material.

I scrounged my bricks--some 800 "hard fire" refractory ones from nearby abandoned cement kilns. (I live in Ulster County, N.Y.)



Fig. 1

LAYING UP THE BRICK BASE

Two layers of firebrick were used on the base, atop the blocks. They were laid in a criss-cross fashion, with a half brick at the end of every other row. Not so many leaks that way.

THE ARCH

Now that the 64 x 64 foundation was set, I made the arch support, and it was easier than I expected. Having decided that the size of the kiln would be a yard square and 30 inches high in the inside, I outlined the curve. It's a catenary arch, and the way I found the shape was by letting a string form it for me. I tacked one end to the top corner of a piece of 1/2-inch plywood, 36 by 30 inches, set on its side. Then I let the center of the string fall naturally to the middle of the board's bottom edge, then tacked the other



Fig. 2

KILN building

string to the upper corner. That gave me an upside-down arch, which I traced with a pencil. Then I clamped it to another plywood piece and with a saber saw, cut the two arches at once. Finally I joined the two pieces with 36-inch strips of lath, as you can see in Fig. 3.

MORTAR

The mortar was made from two parts fireclay to one part grog. This is not the ordinary type of mortar because it doesn't make a permanent bond between the bricks. Instead, it allows room for expansion and contraction. Mortar is used not only for holding the bricks, but for filling in odd-shaped holes.

LAYING UP THE BRICKS

Now, I started on the side, criss-crossing the bricks and using plenty of mortar. I should have used two kinds of bricks--hard and soft or insulating--the insulating for use on the inside to better hold in the heat; the hard on the outside, exposed to the weather. But I couldn't find any insulating, so I used all hard bricks (except for the arch), and they seem to work out well. The top of the arch requires precise, wedge-shaped pieces, and these I bought.

I made four portholes (as shown in Fig. 4, two on each side of the kiln, to receive the four burners. Row on row, up to the top, I laid the bricks until they met at the keystone. After a day to let that layer dry, I laid another atop it, as in Fig. 5.

Heat is applied to pots through Alfred-type burners, which seem to be best because they allow more accurate adjustment of the flames. Details on them can be gotten from "Kilns--Their Design and Construction," by Daniel J. Rhodes.

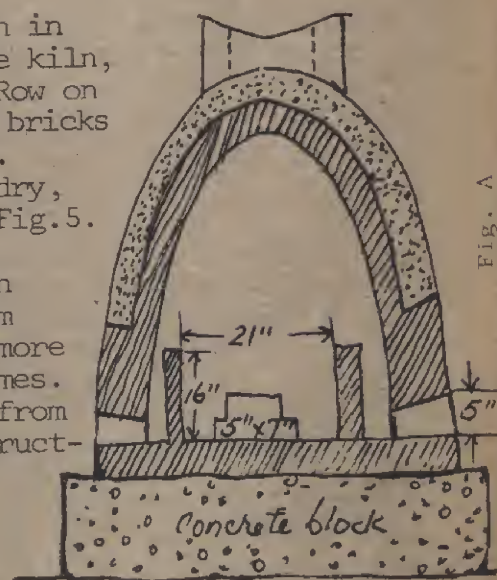


Fig. A

CHIMNEY

The backwall of the kiln required only a single thickness of bricks, because the chimney is flush with most of it and heat loss would be light. I left an opening in the back about 5 x 7 inches which formed a flue leading to the chimney.



Fig. 3

The chimney itself is eight feet high and about nine inches square inside. The air-flow in the kiln is caused primarily by the draft the chimney creates, and one way to regulate the temperature inside the kiln is by a damper. Mine is simply a piece of metal that slides in and out a half-inch slot about 2 inches up from the flue opening. This is varied in relationship to the rate of burner firing. Sometimes I increase the burner firing and decrease the damper opening, which lowers the temperature and increases the amount of carbon inside the kiln, forming what is known as a reduction atmosphere. At any rate, you play around with the damper and the flame input to regulate the firing curve and temperature.



Fig. 4

DOOR

Because I need to know what the temperature is in the kiln throughout the firing, I provided myself with peep-holes in the front door. The door is made two bricks thick, with removable bricks the top two thirds, with the first layers mortared. A door can be made to hinge or to come in and out as one piece, but I made it simply with removable bricks. That seemed more suited to a big opening (for large pieces) and it was easier, too.

Baffles are needed to deflect the flame input so that the fire doesn't shoot directly onto the pots, which would discolor or break them. I simply laid a couple of bricks on top of each other four or five inches away from the burner ports.

Before firing pots in the kiln, it's good to test fire it, to set the bricks and see how things work. I test fired mine, but when I put a few pots in, they cracked. Fired too fast, it seems--about eight hours, I was in too much of a hurry.

Now I find it better to raise the temperature more gradually--over about a 12 or 13 hour span. I do this by gradually increasing the amount of gas entering the kiln, plus opening the damper to increase the amount of draft. Toward the end of the firing, after cones 7 and 8 have fallen, I maximize the gas entering and partially close the damper, cutting back the available air. This technique is known as reduction, as opposed to oxidation, where the oxygen is not cut back during the firing.



Fig. 6

References: "Kilns - Their Design and Construction", by Daniel J. Rhodes.

Materials: 2' chimney tile: \$3.20
Fireclay: 6 -100 lb. bags - \$25.00
Grog: 3-100 lb. bags - \$15.00
32 cement blocks \$21.50
Pipes & fittings for burners \$25.00
each firing about \$10.00 worth of LP Gas.



Fig. 5



Fig. 7

Wendy Mc Cormack lives on a farm in Kerhonkson, N.Y., with her husband, Dan. Their remodeled barn--called the Mombaccus Art Center--holds Wendy's pot shop and dan's photo studio, in which pottery and photography classes are given. In the six months they've lived there, their farm has become the culture center of Kerhonkson. Wendy has studied with potters Nich Prokos, Bill Farrell, Rudy Autio, and John Ground, and has exhibited at the Westchester Art Fair, Binnewater Eastern Revival, Roosevelt and Purdue Universities, Chicago's Broadway Gallery, and High Falls Craft Exposition.

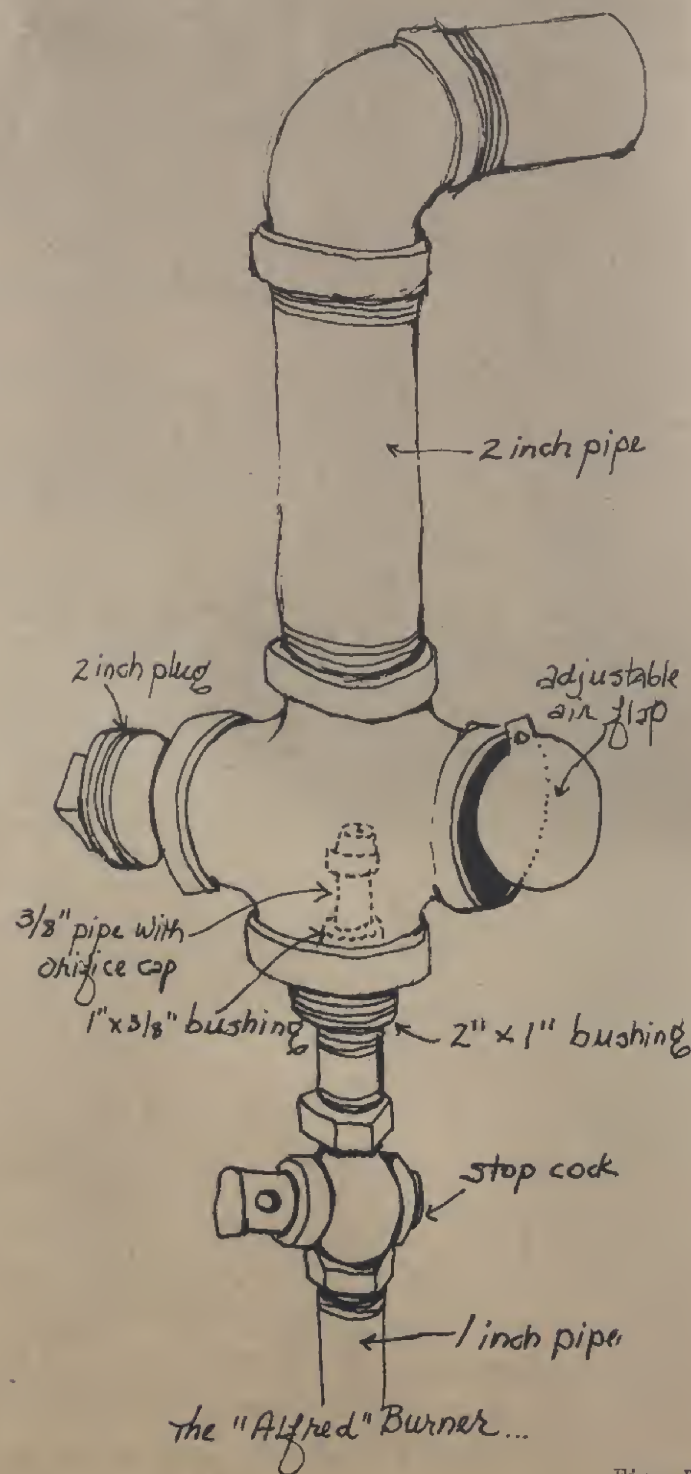


Fig. B

I suspect that with most of us who use "natural" foods and/or food supplements, there lurks the belief (which amounts to a superstition) that our vitamins and minerals and abstentions will somehow keep off those evil spirits which assail us with cancer, heart, and pulmonary disease, the common cold, and of course death before we reach 100. These litanies and talismans take various forms. For some of us meat and milk are taboo; most abstain from sugar and white flour; some believe in raw foods, others in cooked. There are those who would feel lost without a rosary of pills while others remain purist and disregard the notion of pills entirely. Food, they say, should be our only medicine. Possibly all of them are right, and only ways to the One Truth. I suspect this is so. Jogging may do as well by us as Yoga, and both may be unnecessary if we work up a regular sweat doing physical chores.

Until recently, we have most of us lived unconcerned about personal and collective health until, finding our personal and collective selves quite sick, we turn our attention inward to find out what makes us go. Some try fasting and meditation. There is a Tower of Babel of books full of as many cures as people, it seems, and MODERN MEDICAL SCIENCE supporting or contradicting it all. We are most of us disenchanted with orthodox medicine as we have become generally wary of entrusting our lives and souls into the hands of any experts at all. Which is as it should be. All of us, if we are ever to grow, must set upon the difficult task of learning first things. And the most basic of these is understanding our own physiology. What we must become at last is the old gypsy woman Leon Petulengro writes about in "Roots of Health." When asked, "How do you get on all alone when you are ill?" she replied, "When I am ill I go to the fields and hedgerows just as my mother and her mother did."

Young children seem to have this instinct for what is good for them and lose it in the process of growing up and become civilized. What we must do, then, is learn ourselves so well that we can forget ourselves. It is rather like learning to write poems or play music. First the pre-occupation with technique, until finally we don't have to think where our fingers go, only the music we make.

The most perplexing thing about all this self-cure business is that everyone contradicts everybody else. Ann Wigmore, perhaps the most faithful follower of the Essenes, eschews fire, offers wheatgrass as manna, manages to sustain herself on raw foods and catnaps mostly, claims her system has worked miracles with chronic diseases. Then there are writers such as Michel Abehsera in this country who are macrobiotic and cook and cook and COOK, upholding fire and salt as the real and mystical foundations of human life and the elements which raise us above the animals.

And Professor Ehret, who demonstrates the cause of all disease is accumulation of mucus. Therefore, he explains, we must purify the blood, scour the tubes and take in few or no mucus-forming foods such as meat, milk and starchy vegetables. Moreover, some cooking is in order at certain times. Meanwhile Mrs. Waerland, who like Ehrets has cured herself of the incurable, but with her own system, would have us eat raw beets and other food, broth of root vegetables, porridge and sour milk. And of course Adelle Davis, the sybil of Los Angeles, sanctified with a DEGREE in NUTRITION, exhorts us to cook or not cook but drink that milk and down those pills and eat our weight in liver (organic or not)

Have
You Thanked a
Green Plant
Today?

Environment!, 13 East 16th St., New York, N.Y. 10003; 212-741-1160, is an ecology action/education group with offices throughout the New York area. They believe that ecology must be viewed from a broad-based perspective - war, poverty and racism are as much environmental issues as are air and water pollution. Environment! is into: legal action against polluters; demonstrations and guerilla theatre; community park buildings and; educational activities. They are now helping to develop a national environmental coordinating network. An affiliated group - the Environment Mobilization Fund - has just established an organic farm and educational center in New York.

Environmental Action, Room 731, 1346 Connecticut Ave., NW, Washington, DC 20036; 202-833-1845 is a nation-wide group which wants to do more than put filters on cars; they want to build efficient public transportation...not only wants to outlaw pesticides here, but in Indochina as well. They are into challenging environmental criminals and their book, Earth Tool-Kit (\$1.25 each), is a field manual for grass roots action on our environment.

Environment Information Services Project, 150 Fifth Ave., Room 105, New York, NY 10011, has data on various ecology groups and struggles.

Here's a "Spice Rub" that is said to promote sexual ability and a "spicy approach to life:" Add to gether 1 tsp. each of cumin, powdered mace, sage powder, thyme, cloves, and nutmeg. - To this add 1 tbsp. ginger and a pinch of rosemary. Grind together and apply to your lover's body. Be sure to use fresh spices so their power and vibes will be maximum.

Essay: what are we to do?

once a week at the very least.

What are we to do? Our first two issues have been roundly criticized for not providing answers (elsewhere we discuss our regrettable inconsistencies) but in fact the only answers rest with the individual.

You may possibly find that raw food doesn't work for you at all. Brown rice at certain times and for certain people may be the only food which helps. Some of us thrive on fasting; others become irrevocably dead. In so far as it is practical, I provide my two boys with a wide range of foods: various juices, grains and nuts, fruits and vegetables cooked and not cooked. And I find much to my surprise, that I cannot generalize about these tastes, although each boy keeps to his own pattern more or less. The older, thin as a straw, brown-eyed and haired, gorges on citrus when a cold is making up, like milk and cheese, raw vegetables, cherries, current juice and a considerable amount of sleep. The other, a sturdy blue-eyed blonde, shows little interest in dairy products, is fondest of fruit, especially dried fruit, and grains; apple juice and grape seem to be his drinks. What can one make of this? Professor Ehret contends that the cardinal substance for man's blood is fruit or grape sugar. Does this account for a child's preference for sweets and fruit? Dr. Jarvis,



MAGAZINE REVIEW

HERALD OF HEALTH is a \$4.00 a year non-AMA-oriented monthly out of Mount Ayr, Iowa (50854), filled with fairly-well researched health features (on nuclear energy, herbs, germs and their changing roles, future medicine, and flouridation, for instance, from one tissue), and little nuggets like these,

GOOD LOGIC

From Lone Organic Farm, R. 1, Millersburg, Indiana 46543, we received this bit of wisdom: "Physicians and psychologists waste so much time with patch work treatment and in smothering symptoms that they fail to see and eliminate cause. They give a man who complains of pain in his foot, aspirin to smother the pain, else remove his foot. A closer examination would reveal a tack in his heel. There is no difference in principle between cutting off a nose to 'cure' hayfever and cutting out the appendix to 'cure' appendicitis!"

The selling of mouthwashes is another example of how the public is fleeced of millions of dollars. There is no mouthwash made that will cure anything. If your breath smells like a garbage dump stop putting the garbage into your stomach and learn to eat sensibly and the breath will sweeten quickly.

What Are We To Do... con't

in his Folk Medicine divides us into physical types. For example, the Scandanavian longhead does best on a fish diet, while the brown-haired roundhead is intended to dine off flocks and herds. Though I have reservations about the categories, I do think he has made a point in suggesting that we all indeed do require different things.

Perhaps our best course is to read as widely as we can so we may trust ourselves at last to resume an innocence of the body. And then leave off this preoccupation with our individual skins. The body, after all, is only the house we live in, and if we forget this we become as shrunken and boring as the classic housewife. A constant watchfulness will not after all keep us alive, nor all our litanies and talismans. I know nothing at all about God or Heaven, and I couldn't say for sure whether an attachment to corporeal matters denies us eternal life. But it does keep us from life upon this earth. We should learn to serve our bodies the better that they may serve us, so we can get on with the work of putting back into the world, our soil, what it has given us.

Sally



organically grown mung beans

to sprout - wash 1/4 cup mung beans and soak overnight. drain off the water (use in cooking) put the beans in a 2 or 3 cup strainer and set it in a slightly larger bowl. cover loosely with a plate. keep sprouts moist in a warm, dark place. sprouts will be ready to eat in 3 days. use in soups, salads, vegetable dishes, casseroles, etc. yield - about 2 cups.

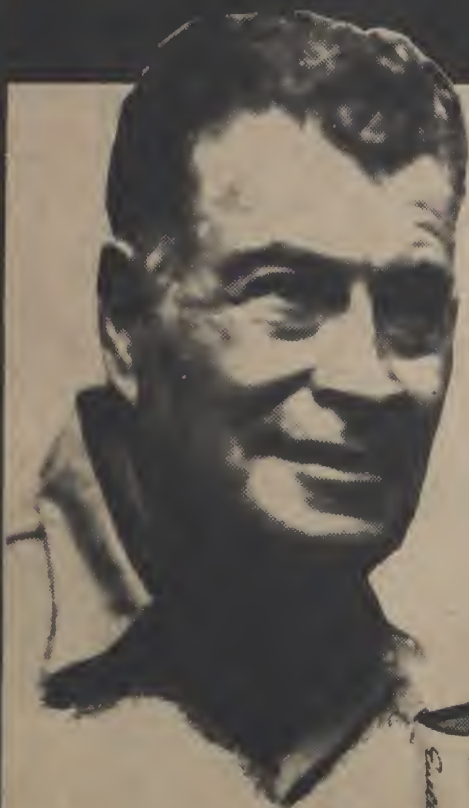
This recipe was developed by Louise Kayman, Natural Farm, Putney, Vermont

LOUISE's SOYBURGERS - for 6

Soak and cook until tender - soybeans (enough to make 2 cups of mashed). Mash soybeans and to each 2 cups mashed, add 2 slices bread, broken to bits, 1 large onion chopped and sauteed 1/3 cup wheat germ, 1/3 cup milk, 1 tsp salt and herbs and seasonings of your choice. Garlic and oregano being a very good combination. Mix well and shape into patties, dip in flour and sautee in oil till crisp. Cheese melted on top while they finish browning is delicious and served with tomato sauce and rice.

"Euell Gibbons at his best."

—Smithsonian



"In a time when man's plundering of his environment threatens to deprive him of nature's sustenance, Mr. Gibbons offers a very simple and refreshing way to reverse this trend.

(cont. below)

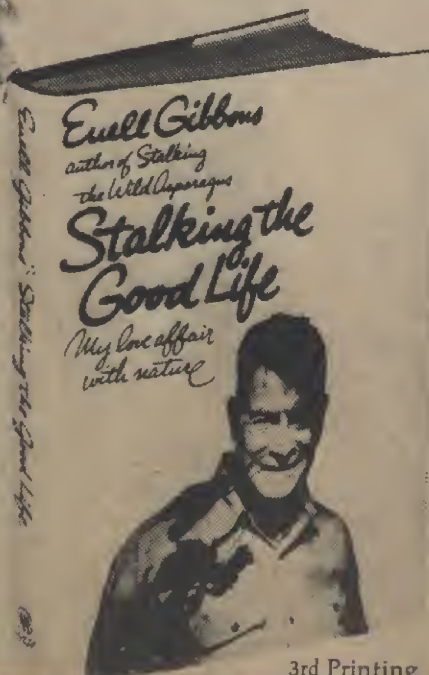
(cont.)

"Stalking the Good Life" means learning to live in harmony with nature, unspoiled by human pollution or manipulation. . . . Love, enjoy and understand nature, he says, and it won't be necessary to conquer her." —The Christian Science Monitor

Illustrated / \$5.95



McKAY



3rd Printing



nomadics — TIPI MAKERS

Who have lived in sub-zero to above 100° temps. Snow & rain at 5000 ft. in the Indian Tipi.

- we use the finest materials we can obtain for all our work (and sell them for what we pay for them, no middle-man mark-up on any materials)
- with all of our work we send six pages of set-up instructions and three pages of information about tipi poles, use of smoke flaps, maintaining the fire, with suggestions about living in rain, snow, & wind.
- we provide ready-made tipis and sew it



yourself tipi kits. Kits come complete with 24 pages of clear, precise sewing instructions and are available in all materials and all sizes (16', 18', 20', 22').

- we don't sell tipi poles, lacing pins, or tent pegs. Nor do we do any decorative painting on your tipi cover or liner. These things are your privilege and your responsibility.
- The Indian Tipi is not a camping tent to us. we regard the tipi as a dwelling for permanent, year-round living. This feeling determines our attitude toward workmanship and choice of materials.
- for material samples and 6 pages of complete information on materials, workmanship, tipi sizes and prices, and our design based on the Sioux Tipi with Blackfoot lift pole flap with Cheyenne smoke flap extensions and our own door cover design, send 25¢ which covers postage and printing.

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tel. (503) 392-3674



PASSPORT

TO ALL PEACE-LOVING PEOPLE

Revered Immortal Self:

Salutations and prostrations. I am inviting you to share in the peace mission which I will be undertaking. This was delayed by the seizure of the plane last year, but made possible now by the generosity of people like you.

In order to further the cause of peace and awaken human hearts, I have compiled a passport called Planet Earth-Passport which I will be using for my forthcoming trip around the world. Since the beginning of aviation, man has used air travel not only for travel, but also to cross boundaries for bombing and destruction. The peace plane, however, will cross boundaries not for conquering, but for the purpose of spreading love and brotherhood.

Each winter birds fly south to warmer climates and they do not recognize the borders of countries. They fly over the limitless skies; no one questions their right to do so...

I will start out in my peace plane on a spectacular adventure to cross boundaries with a Planet Earth Passport instead of a regular passport - a practical demonstration of man's birthright, his freedom. My purpose is to break the barriers of fear and superstition which have been erected by nations and men... This pilgrimage is an expression of the highest form of love: unity, not separateness - to restore to every human being his freedom to roam the limitless sky above and the solid earth below.

This passport, designed by Peter Max and compiled from many sources, including Sivananda's work, presents various ideas of world brotherhood... Not only your financial aid, but the power of your collective thoughts will help sustain me in successfully undertaking and completing my mission of peace.

Yours in the Service of the Lord and
my Master,

Swami Vishnu-devananda

Sivananda Ashram Yoga Camp
Val Morin, P.Q., Canada



When last heard from, the Swami was flying over the Suez Canal, and, according to CBS network radio, dropping leaflets to the Arabs and Jews advocating love instead of animosity.



peter max

Support the Swami's mission by sending a few dollars to the Sivananda Ashram. They will reciprocate with a Peter Max-designed whole-world passport.



The most covetable
possession on earth,
the greatest treasure
in the entire universe,
is peace.



Sometimes I feel like my left hand is on my right arm and my right hand is on my left arm.



foxfire



HILLARD GREEN

FOXFIRE is a unique quarterly which combines the poetry of today with the preservation of South-Eastern craft and lore. Documentary visits with old-timers are well taped and photographed with an artistic sense of editing and presentation. \$5 per year from Rabun Gap, Georgia 30568.

The following is a portion of a visit with Hillard Green from Fall 1970:

It's not often we get our jeep stuck. These red clay roads will do it though. If you're one of those who needs to see to believe, try driving to Hillard's after a good hard rain.

The "easiest" way to get there is to drive out Betty's Creek Road to the North Carolina line where the pavement ends. From there you go lurching and spinning miles up a dirt road to the top of the first mountain range, and then swing left onto a clay track that snakes far out to the head of a jewel-like cove - a cove bounded on three and a half sides by National forest, mountains, and a silence that makes one realize with a rush how unnatural the sound of an automobile really is. Considering the road, it seems mad to visit there after a rain; but then again, that's a good time to find arrowheads, deer and bear signs, the mist that made the Smokies famous, and Hillard.

Did you ever have a hide-out in the woods when you were a kid? A hide-out big enough to stand up in? A structure elaborate enough to keep out rain and wind? Something that's on the evolutionary scale for buildings that falls somewhere between the lean-to and the cabin? Well, that's about where Hillard's place falls.

Essentially it's a room with a roof on it. The wooden floor is bare and unwaxed. There's no ceiling; it's open to the ridge-pole except for places where planks have been laid on the joists to provide a storage area above. A wood stove, oil cloth and a stiff-backed chair are the basic furnishings. Throughout the room, however, one spots the little details that make it a home: the sardine can nailed to the wall for a soap dish; the neat stack of wood beside the stove; the horizontal poplar pole on which a clean pair of overalls and a dish towel hangs; the axe, pile of onions, and canned tomatoes and cucumbers under the bed; the garden tools and walking sticks standing over beside the door; the kerosene lamp; the outside door-pull made of discarded thread spool, the bucket and dipper for cold water from the spring; the mop made of a pole with a burlap sack tied to the end...all these things label the house as Hillard's and make it his alone.

Hillard is almost eighty. In the rich soil of the cove, however, he still plants, cares for and harvests a giant garden that feeds not only himself, but several members of his family and a string of friends. Anyone who has a freezer full of Hillard's beans is a rich man indeed.

The last time we visited him, he was busy peeling tomatoes he had just gathered and scalded. He waved us in, put a fresh plug of tobacco in his cheek, and went on his way working, chuckling as we got the camera ready.

"People'll look at those pictures," he laughed, "And say, 'What is that crazy old man a'doin'?' You tell 'em I'm puttin' up 'maters for the winter, that's what. People might laugh at such stuff as this, but I'll tell y', I'm not about t' let 'em rot. And when you've got old, you're not a'goin' t' lay down and die just because you're old. Feller's got t' have somethin' t' do, and I'm proud I can. Let 'em laugh."

I'll be eatin' good this winter, and laughin' back."

The tomato peeling over, he sliced and cored them, put them on to cook, and began to heat the canning jars.

"Everyone ought t' learn how to do such as this. One a' these days times might get back hard again, and then what will they do? Nobody not knowin' how t' do nothin'. Might have t' live off the land again one day. We never had nothin' for the winter, only what we put up. What we put up was what we had. Goin' t' be a lot of hungry people someday."

When the tomatoes were cooked to his taste, he carefully filled the warm jars one by one, adding a single spoonful of sugar to each just before tightly closing the lid.



"Lotsa people don't even know how t' cook anymore. They just go t' the store and get it fixed already. These girls nowadays go off t' school and learn about everything but what's really important. Get home and still can't even cook a meal. If you're woman can't cook whenever you get married, let me know and I'll come cook fer y'!"

To the last jar, instead of adding sugar, he added a spoon of salt and then sealed it.

"That's the way I learn. Experiment and experiment. Try different ways. Never learn it by readin'...just by doin'. That's the way we all learn, ain't it?"

MAGAZINE REVIEWS

ACCESS CATALOG (Box 648, Kalamazoo, Mich. 49005), contains a fine batch of homestead information. Costs \$8.00 a year for only a 20 page or so monthly publication that is roughly printed on some second-hand mimeograph. But what it lacks in slickness it makes up for in data on goats, windmills, axes, and homesteading.

UNDERSTANDING (P.O. Box 206, Merlin, Oregon 97532), is a "digest" size monthly of about 20 pages consisting primarily of fascinating off-beat items clipped from the nation's press, leaning heavily on para-psychology, psychic development around the world, and calm, thoughtful the-world-is-our-neighborhood politics. A little like the old Curtis Fuller column, "I see By The Papers", in FATE. Send a quarter for a sample or \$2.50 for a year's (12 issues) subscriptions.

ATLANTIS, a hip, mystical, outasight monthly (or whenever it comes together) out of Dayton, Ohio (P.O. Box 1313), for spiritually oriented freaks truly the children of the Aquarian Age. A quarter a copy unlisted subscription cost. 20,000 copies distributed. Lots of good feeling, hip preaching, 1000 year old quotes, communes, Indians. "A lot of people are wondering how we got our heads to where they are now. Most of it came the hard way, through hard times. Most of us have been strung out at one time or another, and, by the grace of God, we managed to pull it together. One of the most important things that helped us through the hard times was books. There are a lot of fine books that are aimed at bringing the mind into it's highest levels. Without these, we probably never would have made it. It seems, though, that a lot of people new to the hip scene know it only from the sex and dope type thing. There's a lot more to being hip. To be hip means to know."



copper pots

If you frequent gourmet shops - for that matter, even if you don't frequent gourmet shops - you may have noticed a preponderance of copper pots and bowls.

This metal is used in pots because it holds the heat and spreads it evenly; also because it does not discolor foods. The bowls are made from copper because this metal is slightly acid and the acidity helps maintain stability and the just-beaten texture of egg whites. However, beating egg whites in unlined copper is not recommended because copper, like lead, is toxic. If you decide to use copper pots, make sure you buy one of good quality; forget about the shiny, brass-handled tourist ones. A good pot will have a 1/8 in. thickness of copper and an iron handle, with the interior lined with a wash of tin. For safe and long-term usage, a copper manufacturer offers these suggestions:

1. When frying, sauteing, etc., be sure the entire inside surface of the pan is greased. Do not let the inside get completely dry. Avoid excessive heat.
2. Metal utensils will damage the tinning. Use a wooden spatula, spoon, etc.
3. When cleaning the inside, do not use metal scouring pads, abrasives or detergents. Use soap, water and a sponge.
4. If the tin lining should happen to wear thin, exposing the copper beneath, be sure to have the utensil re-tinned immediately. It is dangerous to cook in unlined copper utensils.
5. Some utensils are coated with a light lacquer coating to prevent the copper from tarnishing. This coating must be removed by boiling the utensil in water and a

tablespoon of baking soda for approximately 45 minutes. The coating can then be stripped off easily. If your utensil is already tarnished, in all likelihood it is not lacquer coated. If not, it would be best to follow the instructions above.

CAUTION: If tin lining is damaged, do not use for cooking until it is relined.



THE ART OF VEGETARIAN COOKERY by Betty Wason with drawings by June Lathrop, published by Ace Publishing Corp., New York, 1965, \$.75, 215 p.

If you are new to vegetarian cookery, this inexpensive paperback provides suggestions on how to use vegetables for every course from an afternoon tea to a holiday feast. For the beginner, too, it gives many quick ways of making vegetables attractive to the eye, and a list of herbs to bring out the unique flavors of common vegetables. Even non-vegetarians will enjoy the historical material at the beginning of the book.

Since some vegetarians do not eat eggs, Miss Wason has saved recipes using eggs for the end of each chapter. Another note: most of the recipes use fresh vegetables or give alternate amounts for canned ones.

I tried this suggested menu from the front of the book for a "Family Dinner" and found it attractive and appetizing.

FRESH TOMATO SOUP* (p.37)

BAKED STUFFED EGGPLANT* (p.80)

DILLED CARROTS BUTTERED CAULIFLOWER

GOLDEN CORN BREAD

YOGURT WITH FROZEN RASPBERRIES

In trying this recipe for Lima Bean Casserole, (p. 98), the 1 hour cooking time proved too long, 15-20 minutes should do.

*FRESH TOMATO SOUP

4 or 5 medium-to-large tomatoes, peeled, chopped
2 tablespoon butter
1/2 bay leaf
1/8 teaspoon thyme
2 whole cloves

2 thin slices onion
2 cups water
1 tablespoon cornstarch
3/4 teaspoon salt or to taste
4 tablespoons grated Parmesan cheese

Place chopped tomatoes in butter and cook over medium heat until tomatoes are soft; add herbs, cloves, and onion and cook 10 mins. over very low heat. Force through sieve; add water and the cornstarch which has been previously thinned to a smooth paste. Stir and cook until slightly thickened. Add salt and a dash of pepper. Serve hot; top each serving with a spoonful of cheese. Makes 4 first-course servings.

BAKED STUFFED EGGPLANT

2 small eggplants, 6 to 7 inches long, or 1 large eggplant
1/2 cup olive oil
2 large tomatoes, peeled, chopped
2 garlic cloves, crushed
1/2 cup chopped onion

1/4 cup minced parsley
1/2 teaspoon crushed dried mint
1 teaspoon salt
Freshly ground black pepper
1/2 to 3/4 cup fine bread crumbs moistened with oil

(continued next page)

WELEDA

...SWIMMING UPSTREAM SINCE 1921

CALENDULA BABY CREAM



WELEDA INC 30 South Main Street
Spring Valley, N.Y. 10877

CALENDULA BABY OIL

After a bath, your baby gets cold quickly. A massage with Calendula Baby Oil will help restore your baby's natural warmth. Also helps guard against dry skin. From pure plants only. With chamomile, calendula.

CALENDULA BABY POWDER

Cooling and absorbent. Helps prevent chafing and redness.

MASSAGE OIL

For after bath or shower. Warm and softens skin. This is a fantastic massage oil. Contains birch leaves, rosemary, arnica, lavender.

ROSEMARY SOAP

Fine, delicate, invigorating. These are two of the best soaps you can buy.

PINE NEEDLE BATH

Just the opposite: this bath relaxes. Good before going to sleep.

ROSEMARY BATH

A tablespoon in the bath - more relevant than a cup of coffee. Able to transcend sleepiness in a single plunge.

IRIS LOTION

Use instead of soap to clean the face thoroughly. Refreshing in the morning. With extract of iris root, citrus fruits, lavender, rosemary.

FOOT BALM

For tired, sore and overworked feet. Especially good after bath and shower.

LEG GEL

Helps refresh legs tired out from standing or sitting for long stretches of time. Contains arnica, witch hazel, burdock root, lemon.

HAIR OIL

A light, fine hair oil to help relieve dry scalp and the itching often mistaken for dandruff. To be used sparingly. Contains pure almond oil, burdock root, lavender, clover blossoms.

CHAMOMILE SHAMPOO

Lively extract of rosemary in pure soft soap base. Especially to soften and lighten hair. With lavender.

HAIR LOTION

Non-oily. For massaging sleepy scalps. Contains extract of horseradish and white pepper.

DENTAL LOTION

Very concentrated, good for the gums, refreshing. With myrrh, thalany.

PINK TOOTHPASTE

Minty, mildly astringent with myrrh and thalany.

PLANT TOOTHPASTE

Non-abrasive, unusual, with eucalyptus, sage, clove, peppermint.

FOR THE MOUTH

WHILE OTHERS JUMP ON THE ORGANIC BANDWAGON... WELEDA JUST KEEPS TRUCKING ALONG.

Book review...con't

Cut eggplant in half lengthwise, remove stem, scoop out pulp, leaving 1/2-inch shell. Carefully saute outer skin of eggplant halves in oil until softened. Carefully remove eggplant from oil; place with hollowed side up in large shallow casserole or baking dish. Sprinkle with salt. To oil in skillet add tomatoes, garlic, onion, parsley, mint, and the diced eggplant pulp (discarding seedier portions of pulp). Season with salt and pepper. Cook about 5 minutes; spoon into eggplant shells. Sprinkle crumbs over top of filling. Bake at 350° for 1 hour. Serves 4.

Unlike "The Art of V.C.", *INTERNATIONAL VEGETARIAN COOKERY* by Sonya Richmond, published by Arco Publishing Company, Inc., New York, 1969, \$1.75, 192 p. is not for the beginners; it is one for the sophisticated cook or cookbook collector.

I especially liked the dictionary of vegetables. For example:



Savoy - The grand-daddy of the cabbage tribe, has a wrinkled face and a mature sort of flavour. Slice thinly and don't drown it in too much water

Scorzonera - Maybe you haven't heard of this one but you might even have bought some thinking they were parsnips. They are cooked in much the same way but have a rather different flavour.



Seakale - A marvellous vegetable. Don't be afraid to buy it if you are lucky enough to see it. Treat it like young cabbage.

I liked the division of dishes by country and the listing of native cheeses at the beginning of each chapter.

For the inexperienced cook, however, phrases such as, "a pinch," "to taste," "as required," "to moisten," may be to ambiguous. Many ingredients are given by weight which may present difficulties for the American cook even with the comprehensive table of measurements. One other drawback--some of the vegetables are not readily available unless you live near a major city, but most are common enough to make this cookbook useful.

Liberal use of cheese, pastas, rice and eggs make for many substantial main dishes. If you are feeding a family of hearty eaters or growing children, these recipes will be welcome. Miss Richmond relies primarily on fresh vegetables.

Here are two recipes my friends tried and were enthusiastic about:

SPANISH CARROTS

1 lb. carrots	2 eggs
1 medium-sized Spanish onion	butter as required
1 pint milk	olive oil
1 tsp. flour	salt and black pepper

Scrape and thinly slice the carrots and saute them in butter until just tender. Fry the peeled and thinly sliced onion separately and then combine it with the carrots. Stir in the flour and cook for 2 minutes. Gradually add the boiling milk, or you can use milk and water if you wish, and stir all the time with a wooden spoon. Cook until thick over a very gentle heat and just before serving add the beaten eggs and season to taste.

I found 1 tsp. flour was not sufficient to thicken a pint of milk and added more.

(JEWISH) SWEET PEPPERS AND RICE

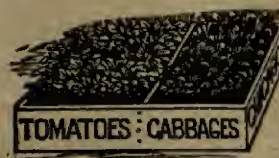
4 large sweet peppers (red or green)	4 oz. butter
3 cups cooked rice	4 oz. chopped nuts
2 cups white sauce	4 oz. grated sharp cheese
salt and black pepper	

Seed and shred the peppers and fry in the butter until tender. Add the sauce and cook gently for 10 to 12 minutes. Mix the rice, cheese, nuts, salt and black pepper all together and pour the sauce mixture over this. Serve very hot.

Phyllis Lake



vege tarian cook ery



SUMMER SHARDS

I

Women in visored hats
walking over the footbridge
sullen because the wind blows
where it wants.

II

Sky the color of fish
sags in the middle,
in shadow of ice house, men
- leave.

III

Fog soaks into our shirts
water makes our feet ache
before we step in.

IV

So many mussels
our straw hats creak.
We turn our backs to the sea
that fills our shallow
footprints.



The second installment of:

URSULA SELLS HER CRAFT

by Ronald Westbrook

Synopsis:

Ursula is back at pottery class. It's cold but Ursula is hot for some human relationships. Mr. Simon, the instructor, although keen on naturism doesn't appear to dig Ursula

Usually Mr. Simon inspected the pieces made by those ladies sitting nearest to the walls. At first Ursula had resented this favoritism until she realised he wanted to be near the radiators. Tonight, when the whole classroom was equally cold, he moved democratically between the desks. When he reached Ursula, she saw a black-suited, black-hatted man enter the room. He was sleek and tapered like a Jaguar car. He immediately approached Mr. Simon and shook hands.

"You got my letter?"

"Yes, I expect so," answered Mr. Simon.

"What do you think of it?" asked the dark man curiously. He was prepared for a little artistic eccentricity. He did not, however, expect to meet a thin, religious figure with a martyred look about the eyes.

"Well, of course, I'm an artist, and it's not easy for me to reach a decision on worldly matters." This was Mr. Simon's stock phrase in reply to all awkward questions. It had never yet proved inappropriate and did not in this case.

"Is it the money side that's deterring you? I'll increase my offer by twenty-five percent."

Mr. Simon wiped his red clayey hands on his apron. In such circumstances he usually found silence to be golden. It was.

"All right, fifty percent more," said the dark man. "And what about your assistant? I want..." and here the dark man lifted his hat to Mr. Simon's ear. "I want a nice looking gal," he whispered.

....WHAT WILL HAPPEN TO URSULA? IS THIS WHAT GOES ON IN POTTERY CLASSES? WAIT FOR THE NEXT INSTALLMENT.....



CREATIVE ITCH BOOKS

Macrame: Creative Design by Dona Z. Meilach. Published by Crown. Retail is \$3.95 and worth it.

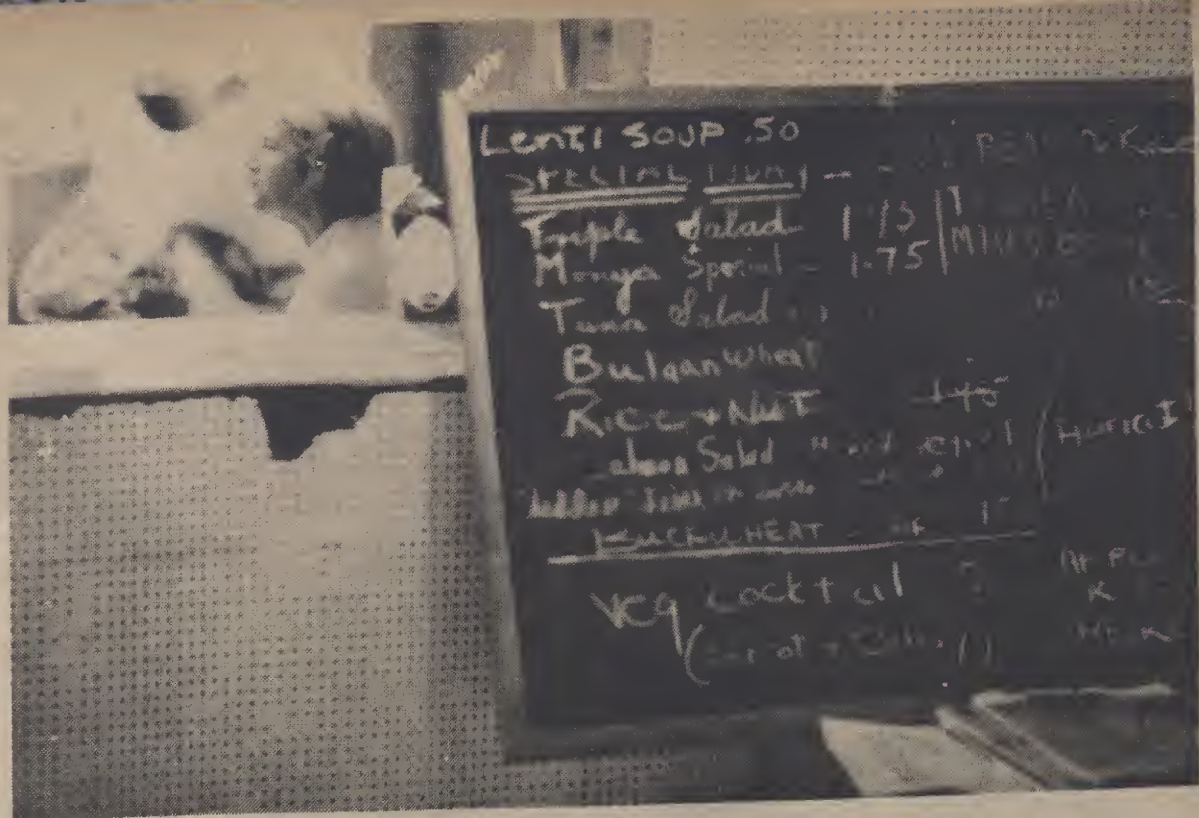
The beauty of Macrame: Creative Design is its emphasis on the creative possibilities of knotting. There are NO patterns to copy in this book. Instead there are 356 black and white, and 18 color plates. Some of the photos illustrate knotting techniques; most are of beautifully, texturally rich and original macrame clothing, jewelry and, best of all, sculpture. Wall hangings and sculpture by John Snidecor, Rosita Montgomery, Aurelia Munoz, Estelle Carlson, Gloria Crouse, Marion Smith Ferri, Claire Zeisler, Shirley Marein, Michi Ouchi and many more.

The book also gives short, clear and sufficient explanations as to how to knot simple and complex knots and how to use different materials. It includes a bibliography of suppliers and other books.

listings of:
spiritual community guide for U.S.A. and Canada
 spiritual organizations, metaphysical bookstores, communities, natural foodstores & restaurants, at stores & by mail \$2.25 plus articles, spiritual community guide: box 1080, san rafael, calif. 94902, illustrations, charts, & more



NYC



DINING OUT - NEW YORK

Breaking bread is, among other things, an affair of the spirit and there is a handful of good natural food restaurants in New York where the spirit is honored. On Sixth Street you have no less than three macrobiotic restaurants which will serve you soulfood (in Ohsawa's sense): Samasara at 322 East 6th Street, Cauldron at 308 6th Street, and the Paradox at 64 East 7th Street. The vibes are good, the owners care, and every attempt is made to buy real food. Fish, shrimp, sea and land vegetables are featured along with brown rice and herb teas - all staples of the macrobiotic diet. The Paradox, oldest of the three, is perhaps where the sense of community is strongest. A long wooden table accommodates most of the diners, though there are smaller tables for individual groups. At all three restaurants you can eat organic and unsprayed foods at reasonable prices in an unharried atmosphere.

However, having said all this, I must add that for me eating has got to be no less sensual than it is spiritual, and it's gourmet fare I'm after when dining out.

During the past winter, two natural food restaurants have opened here where the food is delicious by anybody's standards. Monya's at 1003 Second Avenue (upstairs) is primarily vegetarian, though hamburgers are served about once a month. The room is spacious, flooded with sunlight and abloom with plants. And the polite sign, "Kindly refrain from smoking" is generally obeyed.

Monya herself is compact, ebullient, and an excellent cook--although she confesses that she never married because she didn't want to cook. Ironically, she had scarcely begun her career as skin care specialist (using natural ingredients) when her clients, after sampling Monya's freshly-made juices and salads, persuaded her to open a restaurant instead.

She is a splendid salad chef. Salmon, egg, tuna, triple salad and tossed salad are featured at lunch, and fresh fruit salad is offered in summer. Tossed salad on the day I lunched at Monya's included watercress, crook-necked squash, zucchini and carrots. Triple salad included soybeans with cottage cheese, pineapple with cabbage and carrots and raisins with sesame seeds and yogurt.

Another Monya triumph is carrot loaf, made from shredded organic vegetables and nuts and baked custard-style in a loaf pan set in hot water. The loaf has a rich flavor and the substantial texture of meat. I had "Fig Delight" for dessert--black mission figs and a little water whipped to an airy pudding that tasted remarkably like chocolate mousse. All the soybean dishes I've had are good: hot and mixed with nuts or cold in salad with sliced tomato and cheese or mashed in a whole wheat sandwich.

Besides the ubiquitous brown rice (which she scrubs then boils in two waters to be sure it's clean) there is a bulgar loaf under tomato sauce or kasha with onions and celery. Fresh vegetable juices of course. And herbal teas.

Musart's Spiral Foods is located, appropriately enough, in the heart of the Soho loft district, and musician-composer George Braith and Johanna Kent have sculpted, lighted, painted and hammered together a multi-media environment with nature the dominating theme--especially mushrooms. These stand to the height of a two-year-old child, tilt somewhat and are made

(con't next page)

DINING



herbal cosmetics

BOOK REVIEW:

HERE'S EGG ON YOUR FACE, Beatrice Traven, Pocket Book \$.95

Skin is the most exposed organ of the body, and fortunately for us, the most durable. But it does need care. The elements, both external (sun, wind, and extreme temperatures) and internal (hormonal changes, sickness and nutritional deficiencies) sometimes make it hard for the skin to maintain its normal functions; that is, to be protective, communicative (along with your eyes and ears, you do perceive your environment through your skin), and as a safety device for controlling body temperature and blood pressure. Skin is our most visible organ, too; and its healthy appearance is important. Blackheads, acne, or dry flaky skin is unhealthy and it shows. Of course, some imbalances and injuries require medical treatment or a re-evaluation of your diet. But there is a lot you can do externally to protect and enhance it's appearance.

How do you treat abused or problem skin? Rush to the cosmetic counter for the latest "miracle ingredient"? You already know how worthless that idea is, and possibly dangerous. It's no longer a secret that last year 60,000 people were injured by harmful cosmetics. (Remember the bubble baths that caused urinary tract infections?) At present, most cosmetic manufacturers are quietly removing mercury preservations from their products. One can only wonder about what's left in that is potentially damaging.

Are natural cosmetics the answer? Most of them are free of chemical dyes, fixatives, and irritating perfumes: but most must contain preservatives (not always natural) or else your little bottle of cucumber lotion would be sprouting colonies of bacteria. Then, there are the companies trying to make the most of the "back-to-nature" trend, who take their old "miracle ingredient" product, add some artificial grapefruit perfume, and call it "Grapefruit Skin Cream."

The most natural cosmetics, and the least expensive, are those you make yourself. Where do you start? With Beatrice Traven's cosmetic cookbook, Here's Egg on Your Face (Pocket Book \$.95). Don't let the title mislead you; this is no simple oatmeal-and-honey how-to. She has collaborated with a cosmetic chemist, Dr. Ference Tibor, to supply formulas (you can call them recipes) and directions for products as elegant as those on the market and, probably superior.

Here's Egg on Your Face is well worth reading merely for consumer education. The author has done an excellent job of explaining those vague terms sometimes used in cosmetic labelling. For instance, "rubefacients," a powerful skin stimulant you want to stay away from. "These work like mustard plasters, irritating the skin to excite a flow of blood just below the skin surface; this makes the skin look glow'y and red, and is supposed to cleanse the pores or blood or something."

Know the difference between a dispersing bath oil and a floating oil? Miss Traven explains; "The floating oil is the one manufacturers love best; it needn't be as rich or as generously perfumed as the dispersing oil, since it's all concentrated on top, instead of spread out and diluted in twenty gallons or so of water. But it's the dispersing oil you should be after, just because it's rich and well perfumed (provided you're not allergic to perfume) and coats you from head to toes in an emollient treatment." A quick and easy eyedropper test can assist you in determining what you're using. Place a few drops on the surface of a glass of clean warm water. "The floating oil, if properly formulated, will seem to explode as it hits the water, instantly forming a very thin film on top. The dispersing oil will explode, too, but what a difference! It will swirl through the water, dispersing oil evenly throughout."

Then there are the poor relations of the dispersing oils, the bubbling bath oils. "Bubbling bath oil is often a poor quality bubble bath to which oil has been added, thereby cutting down the foaming power."

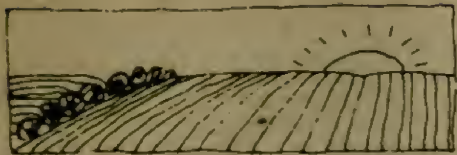
There's a lot to learn before setting up your kitchen laboratory, and it's a good idea to read the book cover to cover before concocting your first product.

For starters there is a full list of easily obtainable, inexpensive tools. Don't be afraid to use the ones you cook with because all ingredients can be washed off with soap and hot water.

- (1) One or two eyedroppers. Available at drugstores or use old ones from eye drops.
- (2) One or two thin blade spatulas. These should be four or five inches long and made of stainless steel. Available at an art supply store where they are called palette knives.
- (3) A three-speed electric hand mixer. You can do without it, but it will help simplify life a bit.
- (4) Metal measuring spoons. Plastic tends to melt when measuring boiling hot ingredients.
- (5) One or two inexpensive enamel pots. One two-cup, the other about a quart. Pyrex glass is fine, too.
- (6) One or two Pyrex measuring cups. Use the ones with ounce calibration as well as cup markings.
- (7) Containers. Any kind of glass jar; plastic is not boil-proof.

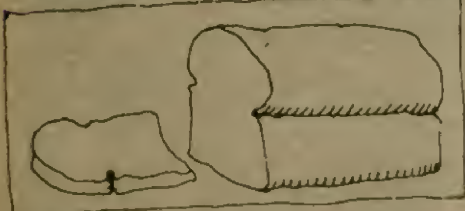


erewhonor



short grain brown rice

almond fried rice - measure rice into pot. wash and drain. for each cup rice add 2 cups water (1 1/2 cups for a pressure cooker) and a pinch of salt. cover. bring to boil. reduce heat and cook about 1 hour or until all liquid is absorbed. sauté 1 onion, 3 scallions and 1/2 stalk celery in 3 Tbsp virgin sesame oil (stirring constantly) until onions and celery are glossy and translucent. add 1 or 2 Tbsp tamari soy sauce and 3 cups of cooked rice. mix in and fry for about 5 min. add more tamari soy sauce if desired. garnish with slivered almonds (toasted in a little oil) and chopped green scallion tops. serves 4 or 5.



organically grown - stone ground

whole wheat flour

use whole wheat flour in your favorite bread recipes and for all your other baking. when you are adapting a recipe calling for white flour, increase amount of liquid slightly. whole wheat bechamel sauce - combine 1/2 cup whole wheat flour, 3 Tbsp corn germ oil and 1 Tbsp salt in a heavy skillet and cook over a low heat (stirring) till mixture is fragrant and slightly browned. add a pinch of thyme (or other herb) cool. slowly stir in 3 cups stock (or water) cook till thickened, stirring constantly. reduce the heat. cover. continue cooking 15 min. finish seasoning with tamari soy sauce. keep warm till serving. makes about 3 cups.



organically grown

rye flakes

breakfast cereal - bring 3 cups water to rapid boil. add 1/2 tsp salt. slowly sprinkle in 1 cup wheat flakes (stirring constantly) cover and reduce heat continue to cook about 15 min. more. remove from heat and let stand 5 min. serves 3 or 4. left-over flakes cereal can be added to waffle or muffin batter, or used in making casseroles or grain-vegetable loaves. try substituting wheat flakes for part of the rolled oats in your favorite oatmeal cookie recipe. these wheat flakes are made from hard, red winter wheat organically grown in deaf-smith county, texas.

Herbal Cosmetics...con't

- (8) Labels. Always label everything with a stick-on label or a grease marking pencil.
- (9) Wide low pan. It must be large enough to hold a couple inches of water plus two of your enamel pots, and still sit securely on top of the stove.

Ingredients may require some tracking down, but most are available in pharmacies, grocery stores, herbal or homeopathic stores, or at your local art supply dealer. The appendix list them all and where to find them. Substitutions are given for those few hard-to-find ingredients.

"Tricks of the Trade," an information-packed chapter, provides you with eleven basic rules to insure a perfect product. Briefly, they are:

- (1) Be prepared with all your ingredients and tools before starting your project. "Always read a recipe through before beginning to work on it."
- (2) "Be exact in your measurements, and follow directions precisely." For instance, rinse off spoons before measuring your next ingredient especially when using wax and hot oil. These can stick to the spoon, making your next measurement inaccurate.
- (3) Use wax bases whenever possible. This sounds very technical but isn't once you read the recipes on how to make them. Wax bases are a mixture of half wax (like beeswax) and half oil. They are softer and easier to work with than the plain hard waxes.
- (4) "Watch your temperatures." The instructions following each recipe include temperature directions. For instance, if you are told to let the mixture cool before capping it, don't close the lid on it hot. A simple mistake like that one can ruin your product.
- (5) "Be sure each phase of an emulsion (a permanent suspension of either oil or droplets in water or water droplets in oil) is thoroughly dissolved and/or melted before you do the mix." In other words, lumps won't do.
- (6) "Mother your mixes and baby them." Try not to be disturbed while you are in the laboratory.
- (7) Containers should be close to the size of your product (too much air in a container leads to early spoiling), and should be boil-proof. Glass or tin is fine to use; not copper, silver, brass or any metal that rusts or corrodes.
- (8) "Never use direct heat, unless specifically directed to." This is where your wide low pan filled with water comes in handy.
- (9) "Whenever chilling or heating, stir carefully, scraping down the sides of the container, so the whole mixture changes temperature at a steady, even rate."
- (10) "Always use Pyrex or metal," for cooling or warming, and never subject glass to extremes of hot and cold. For example, you can chill products quickly by setting them in your wide low pan of tepid water and gradually add a few ice cubes.
- (11) Cleaning up. Utensils used in preparing creams or measuring fats and waxes should be wiped first then placed under very hot running water to melt off any residue. Follow with a scrub in soap and warm water.

Recipes begin with "Supersimple Glycerine and Rosewater" and gradually become more sophisticated. Eventually, with time and practice, you can make everything from bath oil to nourishing creams.

Diane Schumucker

(con't next page)

COLUMBUS TRAVEL COMPANY

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COLUMBUS 15, OHIO

January 7, 1962

Mr. R. Liikaca
126 W. Frambes Avenue
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Dear Sir:

Please find enclosed two Green Transportation Tickets in exchange for the one (1) Purple Ticket and ten cents (.10) plus the one (1) Purple Ticket that you dropped in the Fare Box.

Yours truly,

B. L. Newhouse
Treasurer

SUPERSIMPLE GLYCERINE AND ROSEWATER

Use it all over to softer skin or ration it to problem areas only like chapped cheeks and lips or irritated hands.

- 1 tbsp. witch hazel
- 2 tbsp. glycerine

(Soothing and mild astringent.)
(One of the group of substances, polyhumectants, which attracts, absorbs and holds moisture.)

- 1/4 cup plus 1 tbsp. water
- 1/2 tsp soluble rose perfume oil

(This measurement may be increased or decreased according to the amount of fragrance you like. For those who want to make their own, there is a chapter on preparing perfume from flower petals.)

Combine and stir ingredients. Place in tightly capped glass jar or bottle, not plastic. To maintain freshness keep in refrigerator.

VELVET AFTER SHAVE

- 2 tsp. glycerine
- 1/2 tsp. borac acid power (mild antiseptic)
- 1/4 cup plus 1 tbsp witch hazel
- 1/2 cup plus 2 tbsp. 70% ethanol rubbing alcohol *

- 1 tsp. peppermint extract
- 1/3 tsp. tincture of benzoin **

6 shakes aromatic bitters

Mix together, let stand for awhile (for a "polish filter" let stand one week), filter through an old, clean nylon stocking and bottle.

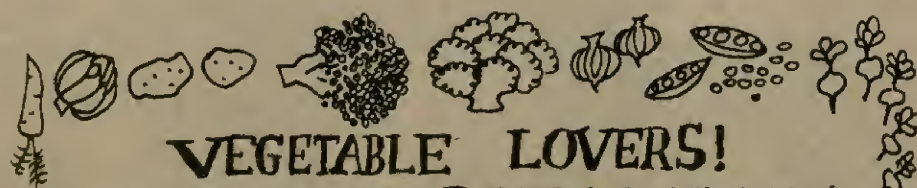
* According to Beatrice Traven the difference between ethanol and isopropyl alcohol is:

Ethanol - "the alcohol meant when cosmetic formulas call for alcohol without specifying which. It is the drinking alcohol found in all whiskies and liqueurs."

Isopropyl - "better solvent but, more irritating and has a very distinct odor which makes it absolutely unsuitable for use in products which are to have a delicate fragrance."

"Substitute for ethanol (ethyl alcohol) is vodka. Vodka is about 45 to 50% ethanol (90-100 proof), compared to the 70% (140 proof) strength of the rubbing alcohol. this will make a difference in your products, giving them less zing when applied to the skin, and also you may have trouble dissolving perfume oils in such a weak alcohol."

** (A natural balsamic resin that acts as a preservative, antiseptic, and mild astringent) (Enhances fragrance)



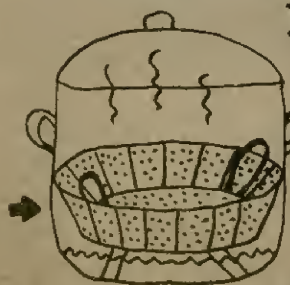
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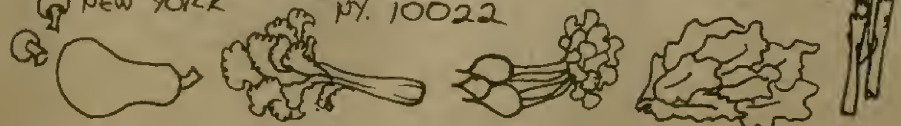
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TOUCH THE EARTH, by T.C. McLuhan. Outerbridge & Dienstfrey, NYC. \$6.95. A collection of profound philosophical/spiritual statements by Indians of the American continent, matched with documentary photographs. Sensitive and well chosen material. Bob

We love quiet; we suffer the mouse to play; when the woods are rustled by the wind, we fear not.

Indian Chief to the governor of Pennsylvania, 1796

WHAT IS LIFE? IT IS THE FLASH OF A FIREFLY IN THE NIGHT. IT IS the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the Sunset.

THE TIPI IS MUCH BETTER TO LIVE IN; ALWAYS CLEAN, WARM IN winter, cool in summer; easy to move. The white man builds big house, cost much money, like big cage, shut out sun, can never move; always sick. Indians and animals know better how to live than white man; nobody can be in good health if he does not have all the time fresh air, sunshine and good water. If the Great Spirit wanted men to stay in one place he would make the world stand still; but He made it to always change, so birds and animals can move and always have green grass and ripe berries, sunlight to work and play, and night to sleep; summer for flowers to bloom, and winter for them to sleep; always changing; everything for good; nothing for nothing.

The white man does not obey the Great Spirit; that is why the Indians never could agree with him.

THE WHITE PEOPLE NEVER CARED FOR LAND OR DEER OR BEAR. When we Indians kill meat, we eat it all up. When we dig roots we make little holes. When we built houses, we make little holes. When we burn grass for grasshoppers, we don't ruin things. We shake down acorns and pinenuts. We don't chop down the trees. We only use dead wood. But the White people plow up the ground, pull down the trees, kill everything. The tree says, "Don't. I am sore. Don't hurt me." But they chop it down and cut it up. The spirit of the land hates them. They blast out trees and stir it up to its depths. They saw up the trees. That hurts them. The Indians never hurt anything, but the White people destroy all. They blast rocks and scatter them on the ground. The rock says, "Don't. You are hurting me." But the White people pay no attention. When the Indians use rocks, they take little round ones for their cooking. . . . How can the spirit of the earth like the White man? . . . Everywhere the White man has touched it, it is sore.



Indian Wisdom



IN THE LIFE OF THE INDIAN THERE WAS ONLY ONE INEVITABLE duty, — the duty of prayer — the daily recognition of the Unseen and Eternal. His daily devotions were more necessary to him than daily food. He wakes at day-break, puts on his moccasins and steps down to the water's edge. Here he throws handfuls of clear, cold water into his face, or plunges in bodily. After the bath, he stands erect before the advancing dawn, facing the sun as it dances upon the horizon, and offers his unspoken orison. His mate may precede or follow him in his devotions, but never accompanies him. Each soul must meet the morning sun, the new sweet earth and the Great Silence alone!

Whenever, in the course of the daily hunt the red hunter comes upon a scene that is strikingly beautiful or sublime — a black thundercloud with the rainbow's glowing arch above the mountain, a white waterfall in the heart of a green gorge; a vast prairie tinged with the blood-red of sunset — he pauses for an instant in the attitude of worship. He sees no need for setting apart one day in seven as a holy day, since to him all days are God's.

PUT ON - TAKE OFF

"In 30 mins. you can lose 25 lbs., according to the Health Insurance Institute. The catch is, you must exercise 30 mins. EVERY day and at the end of a year you'll be 25 lbs. lighter ... providing the food intake remains the same. When a person doesn't exercise, just 1 extra slice of bread a day or a soft drink, or any other food item that contains 100 calories, can add up to 10 lbs. a year. As an example, they said, a woman who eats 96 calories a day more than she needs will gain 50 lbs. in 5 yrs. If that woman would add only 25 mins. of brisk walking to her daily activities, the weight gain would be prevented. Active persons such as laborers, soldiers, athletes, etc., may consume as many as 6,000 calories a day without gaining weight ... their secret: EXERCISE. A study of obese adults showed that the start of their overweight problems corresponded with a decline in physical activity. Altho their activities decreased, their appetites didn't. Sleeping or sitting burns about 100 calories per hr., while running consumes 900 calories per hr."

COSMIC COOKERY compiled by Kathryn Ash is "a booklet of vegetarian recipes prepared by the One World Family of the Messiah's World Crusade." \$1.90 from the Mustard Seed Restaurant, 2455 Telegraph Avenue, Berkeley, Calif. 94704.

This commune has two restaurants, one in Mill Valley, Calif. and one in Berkeley. There is also a retail store in Mill Valley and a communal home in Larkspur, Calif. We have not visited the restaurants and would like to hear from readers who have. The recipes employ no fish, fowl, eggs or meat. This diet presents its problems, as anyone knows who has tried it, and Miss Ash and her friends have come up with some very creative solutions. The yield of most of the recipes is large - suitable for a restaurant or a commune. For a small family you will have to experiment and make adjustments. There's a recipe for soy mayonnaise and one for macroburgers which, as far as I know, are unique.

Detailed instructions on bread baking are provided, general rules of thumb are scattered throughout - useful additions to any cookbook. Soups are especially nice. My reservations about this cookbook relate to the diet which doesn't lend itself to a very exciting cuisine. But for those of you who follow it, this should prove useful.

MACROBURGER MIX

yield: 1 1/2 gallons

Blend the following together in the juicer, with the blank inserted on the underside:

- 10 cups drained, cooked, and well-seasoned soybeans,
- 1 cup Tamari soysauce
- 3/4 cup oil (Safflower)
- 1 tsp. cayenne
- 1 1/2 tsp. chili powder
- 2 tsp. dry mustard
- 6 tsp. garlic powder OR 7 chopped cloves fresh garlic
- 1 1/2 tsp. ground cumin
- 3 tsp. dill weed
- 3 tsp. celery seed
- 3 tsp. ground thyme

Mix all the above together well, and add the following ingredients which have been mixed together well:

- 6 cups steamed millet
- 3 cups toasted rolled oats (toast them in the oven)
- 3 onions, chopped fine
- 1 grated carrot
- 2 stalks celery, chopped fine

Form the mix into patties and fry in a little oil or butter.

Spread toast with soy spread and soy mayonnaise, add lettuce, tomato and onion and the macro-burger and have a great lunch!

BECHAMEL SAUCE

yield: about 6 cups sauce

Heat 2 tablespoons oil in a deep skillet. A good all-purpose cooking and salad oil is Safflower oil.

Saute 1 cup of whole wheat pastry flour in the oil until all of the oil is absorbed and the flour is moist and fluffy.

Use a fork for best results.

Continue browning the flour over a medium heat until it exudes a nutlike aroma and becomes lightly browned all over.

Let the flour cool thoroughly.

Add 4 cups raw milk or distilled water, and cook over low heat, until the sauce thickens.

If it should be too thick for your needs, add more liquid.

Season to taste with soy sauce, sea salt, paprika, a little garlic, and sweet basil.

Use to flavor casserole dishes, or alone as a gravy.

nuts

In buying nuts, freshness is important. Their high fat content encourages rancidity, which affects flavor. Shelled nuts become stale more quickly than those in the shells. Although shelled nuts may be cheaper per ounce in larger quantities, don't buy them if you can't store them properly.

Nuts are sold both shelled and unshelled. Compare prices on the basis of yield from unshelled nuts. Unshelled nut may not necessarily be less expensive and shelled nuts save time and work.

STORAGE TIPS

To avoid rancidity, keep unshelled nuts at room temperature in a cool, dry place, but not for prolonged periods. Shelled nuts should be kept in the main section of the refrigerator in tightly covered containers. Unsalted nuts retain their quality longer than salted nuts, as salt hastens rancidity. Vacuum cans and the clear bags of shelled nuts should be refrigerated after opening. Shelled or unshelled nuts can be frozen in tightly closed freezer containers at Zero degrees F, when a longer period of storage is needed.

DO YOU KNOW?

DATING OF EGGS

The U.S. Department of Agriculture has set up a new marking system for eggs graded under its voluntary grading program which went in effect July 1, 1970. Carton of eggs bearing the official USDA grade shield will now be stamped with the day the eggs were packed shown, or the consecutive day of the year. For example: eggs packed on July 2 - 183rd day of 1970 - will be numbered "183."

GARBANZO BEAN A LA BECHAMEL

yield: about 30 servings

Wash 6 cups of garbanzo beans thoroughly. Remove any small stones. Soak them overnight in distilled water. Keep replenishing the water so that the beans are always covered. They should double in size.

Bring the water level to two inches above the beans in a large cooking pot.

Add 1 cup Tamari soysauce, 2 chopped onions, sea salt or vegetized sea salt, and cayenne (a pinch) to taste.

Bring the beans to a boil and reduce the heat to simmer. Cook them, partially covered, for several hours, making sure the water level stays above the beans.

Test them occasionally with a fork for doneness.

These are a slightly dry variety of bean and should be kept moist.

They will be tender when done, neither mealy and hard, nor mushy and soft.

Place the cooked beans in a casserole pan, alternating them in layers with sliced tomato and grated cheese.

Cover with bechamel sauce.

Bake them in the oven at 350° for 25 minutes.

Sprinkle with paprika before serving.



BLENDERS, SALADS AND HERBS

A green sauce base for salad dressings provides one of the most beneficial and tasty medium for a variety of salad dressing spices. This is an excellent way to evenly distribute those tiny amounts of special fresh green herbs throughout the salad.

Many herbs such as parsley require fine chopping for correct digestion. Your blender can fine chop or liquify these herbs easily when combined with a small amount of liquid (oil, lemon juice, vinegar or water) which is the base for your salad dressing.

If you are into "Magic" herbs such as GOTOKOLA (The Chinese Longevity Herb - take one leaf a day you may live a long and potent life). Just add them to your salad dressing. Comfrey which is one of the miracle herbs, providing Hi protein, heals ulcers, knits broken bones, is good as a salad green. However, if the leaves are too mature - throw them in the blender. Mint, lemon balm, basil, chives and all other garden fresh herbs are really best when blended, try it and you will see!

FOOD STAMPS

Most natural food stores can qualify for accepting U.S. Government food stamps. Food stamps may not be applied toward non-food items or imported items. If your dealer is not currently accepting stamps--you should encourage him so that healthy foods are within the reach of everyone!

ORGANIC FOOD STAND PEDDLES NATURAL FOOD at 6th Ave. and 52nd St.

Word reached us that an organic food stand was staked out in front of Manhattan's Museum of Modern Art, and acting on the rumor, we strolled west on 53rd Street. No sign of activity. Heading south on Avenue of the Americas we spotted a gaily-colored push cart and peddler on the northwest corner of 52nd. At first glance, the stand didn't seem very different from the others nearby offering Italian ices, hot dogs with sauerkraut, coke and pretzels. Upon closer inspection, however, we noted the sign on the front reading, "NATURE'S FEEDBAG," and a painted landscape, complete with clouds and flowers. Little bags of dried fruits and assorted nuts were strung across the front of the cart. The menu read as follows:

Sandwiches	.65 and .85
Dried fruits	.40
Raisins	.35
Nuts	.40
Sunflower Seeds	.35
Apple Juice	.30
Mint Iced Tea	.30
Lemonade	.30

A note at the bottom of the menu assured the buyer: "All drinks sweetened with natural honey."

"I've only been at it for about three weeks now," said peddler John Skript, "but things are picking up." Apparently they were, because Mr. Skript was fresh out of sandwiches. But he obliged us with a description of their contents. "I sell an organic hero for .65 which consists of whole wheat bun filled with eleven different organic vegetables." For those who prefer fruits, Mr. Skript offers a sweet/sour sandwich made with honey, peanut butter, lemons, limes, oranges, bananas, currents and cinnamon which are mixed together into a spread. It was a scorching hot day and we settled for apple juice, which proved to be delicious--slightly tart and sweetened with honey.

Were there any other organic food carts in the city? "Four of them," Skript told us. "They're all owned by Jonathan Eichner, a college student. I just work for him. Besides mine, there is one other uptown at Lexington and 58th St., then the other two are downtown - one at Washington Square Park and the other at Broad and Wall Streets. We have a girl operating that one. You know

how those Wall St. guys are. If we didn't have a girl pushing the cart, business would be lousy."

We learned that Mr. Eichner and his fellow workers were college students planning to work during only the summer months. But the idea seemed likely to catch on. "Most people really like the idea," Skript told us, "The drinks in particular are quite popular. You know, a lot of people don't like the lemonade you get at a soda fountain. It's usually too sweet. Ours has a real tang to it, because we don't use any sugar." We asked him if he got any negative comments from passersby. "Not really. Sometimes people will laugh, but that's about it. No hassel. As a matter of fact, our cart down on Wall St. is doing the most business." If the heart of the Establishment takes up organic food lunches, the hot dog vendors will have to reappraise their approach.

ORGANIC FOOD STAND

We asked Mr. Skript a final question: "Do you do this just for the money or do you really believe in organic foods?" "Oh no. I think they're terrific! I'd eat them all the time if I could." He smiled a little sheepishly. "Only trouble is I can't afford them right now. They're kind of expensive, you know."

DEBBY SHEA

"WHAT IS ESSENTIAL IS
INVISIBLE TO THE EYE: IT
IS ONLY THROUGH THE HEART
THAT ONE CAN SEE RIGHTLY"

The Little Prince



Dog Licks Man

Dog saliva appears to have surface-healing properties, reports Dr. Lindsay Verrier of Suva, Fiji.

Dr. Verrier had acquired a small abraded sore on his leg while gardening. Dozing at home one day, he woke to find his small dog licking the lesion. The undressed sore healed by first intention. Some time later, a second abrasion was offered to the dog, with equally gratifying results.

Dr. Verrier mentioned this to a Fijian friend, who told him that in the villages, when boys get sores on their legs from fishing, gardening, etc., the old men advise them to let the dogs lick the lesions so that they will heal quickly.

Dr. Verrier now wonders if the surface-healing properties of dog saliva should not be explored.



...from Grit

Crafts

All items made personally by hand on home-limited scale in the natural life style may be listed here free of charge. (One time only.)

PLAY CHESS? I make chess boards and spend quite a bit of time on each one. They're good boards of excellent quality and I know that many people can't find good looking sturdy chess boards anywhere. Well, I make 'em.

Standard board is 2' X 2', sturdy, glass covered board, about 1/2" thick. It has a burnt outside perimeter with large black and white squares. Price: \$20 plus shipping. For orders, information, different colors, a custom board, or game of chess by mail, Write: Gregory Acopian, 119 Sunny Lane, Cocoa Beach, Fla. 32931

BEAUTIFUL homemade patchwork skirts, quilts, purses, pillows. Your choice of colors, patterns. Send for price list and catalog. Patchwork kits also available. Write: Christine Hansen, Rt. 5, Box 466, Eugene, Oregon 97402

TANTRA Coloring Book. Ancient Indian yantras and mystical designs guaranteed to rub some wrinkles out of your head while providing hours of delightful coloring fun. Price: \$1.35. Write: TANTRA-WEEDPATCH, P.O. Box 46101, L.A., Ca. 90046

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Clothes of soft, warm, wool... crocheted articles of pattern, texture, and color...often-times of my handspun and vegetable-dyed wool. Prices according to the piece. Also will teach creative crocheting, vegetable dyeing, or handspinning on spindle and wheel to beginners. Write: Sharon Hedges, 176 Clinton Ave., Brooklyn, N.Y. (212) 522-7069

MACRAME ITEMS handmade from natural fibres. Choose from belts, chokers, and headbands. Prices from \$1 to \$5. Write: Resa Evans, Chatham College, Woodland Road, Pittsburgh, Pa. 15232

Crocheted and/or knitted vests, ponchos, afghans, sweaters or just about anything. If you are interested, write & tell me about yourself & what you would like. Please write to: Henrika Herrling-Wasilewski, c/o Wasilewski, 1261 Central Ave, Far Rockaway, N.Y. 11691

ICELANDIC SWEATERS, HATS, SCARVES & MITTENS hand made from imported Icelandic wool. Excellent for skiing & mountain climbing. Call 914 - 658-2781 or write: Helga Wilson, P.O. Box 1041, Tillson, N.Y. 12486.

HOW GOOD is your health food store? Even when supermarkets take on the responsibility for selling natural foods, the question may still be as crucial as it is now. However, one factor will be unchanged: the supplier.

In subsequent issues we will offer as much information as we can about suppliers we have personally checked. If you have a natural food supplier in your area, you can help by looking over the plant or farm carefully and reporting to us.

The Good Shepherd Cereal at 111 Reed Street, N.Y.C. 10013, phone: 962-8234, is a relative newcomer to the field, and from all indications promises to be one of the trustworthy ones. At present the store sells cereals, grains, beans, seeds, nuts, nut butters, golden seal and wild American Ginseng and raw honey.

Ron Swenson, one of the original Good Shepherd (the founders got the name by opening the Bible at random), told us that he sees supermarkets ordering an increasing number of health foods, and he feels this is a good thing--getting organic food to the masses at a price they can afford.

Arrowhead Mills supplies most of the grains; peanuts for peanut butter are grown on composted soil, sundried and left whole. (Other companies buy peanuts that have been rotated with cotton, a non-food crop usually fertilized and heavily sprayed with chemicals; then the nuts are gas-dried and made into peanut butter after 80% of the skins have been removed.)

Except for sea salt in the roasted pistachios, sugar and salt are not used in Good Shepherd products.

The Good Shepherd Cereal is packaged in bio-degradable cellophane bags and contains, Ron told me, only 13% oatmeal, the rest

good shepherd

being cashews, peanuts, sunflower and sesame seeds, available with or without honey. The mixture is oven-roasted, can be eaten hot or cold and tastes delicious.

An 8 oz. bag of their peanuts retail for 35¢, peanut butter is about 89¢ a pound, Good Shepherd Cereal is 65¢ a pound if you buy it by the case.

They are members of OM, and they seem to care.

Nora Chase

CROCODILIANS IN PERIL

Dear Editor,

In the next several months, many state legislatures will take up the question of endangered species. One of the most controversial aspects is inclusion of crocodilian: alligators, crocodiles, and their relatives. Readers of Natural Life Styles, I feel, will probably be sympathetic to the bills, and those interested in preventing crocodilians from following the blue whales to extinction should contact their representatives.

Why should we save the crocodilians? One reason is that they have been around for close to 180 million years and have become an important part of many ecosystems. Another reason is that they are the closest living reptilian relatives of the long extinct dinosaur and as such they provide some of our best insights into the biology of dinosaurs. Also, should we destroy such wondrous animals just for the sake of such "vital necessities" as fancy shoes, luxurious handbags, belts, wallets, and cigarette cases?

...Penny Weller



STAR MARKET in Boston has a organic foods and produce section.

FAT-TO-THIN (A LITTLE HELP)

CHANGEOVER FROM SPRING WATER TO PURE WATER

When I was younger, people who drank water that was specially bottled were either rich or had to visit remote sulfur springs in Italian movies. It is not a luxury today. With water pollution scaring everyone, more and more people are running out to buy bottled water. But bottled water is not necessarily 'spring' water anymore. Even the clear springs of yesterday are becoming polluted, and many bottling companies are now taking their water from ordinary ground wells and 'purifying' it. Many of these companies now demineralize their water, to take out the flavors that customers will not 'buy.' Other minerals may be added to keep out odors, bacteria, or to 'improve' the taste. Read even your water labels carefully.

Alan



MAGAZINE REVIEW

THE WHOLE LIFE CATALOG... published at either The General Store, RR-#2, Cloverdale, Surrey, B.C., Canada or The General Store, Box 6307, Albany, Calif. 94706--- which may or may not be a one-time venture, is a catalog/magazine/book concerned with "the most comprehensive ecosystem we can conceive of... spiritual ecology." It's sort of a general-store approach to life, with a commentary, an editorial, running throughout. Nice sections on food, equipment, tents, backpacking. The accent is on Canadian living, but is applicable to whomever quality of life is more important than quantity. For \$3.00 you even get a wooden binding. Nice.

by June Gannon

Usually articles about curing obesity start by citing statistics --what percentage of the population is how much overweight, for instance. It isn't necessary to prove the point. With the exception of the Hunza (obesity is unknown to these people) and perhaps those living in remote regions who have remained untainted by western eating habits, overweight is a universal problem. Malnutrition isn't to be associated only with starvelings. Malnutrition -- bad nutrition -- is the cause of just about all obesity.

People use eating not only for nourishing the body, but as an outlet, a social activity, a togetherness thing. This summer a friend was witness to a scene that he described graphically. Returning from a ten-day retreat at the Integral Yoga Institute in Connecticut, he drove back to New York City and boarded the Staten Island Ferry. He had eaten sparingly these ten days, living on only rice and milk, he also had not spoken during that period, and was feeling euphoric, energetic, and healthy. He said that it seemed everyone else on the boat was eating hot dogs, hamburgers, sweets - grunting, shouting to each other,

gorging. His description: "They didn't know what they were eating; the eating seemed automatic, like their breathing, and it was all bad food." He was appalled by the utter grossness of the scene.

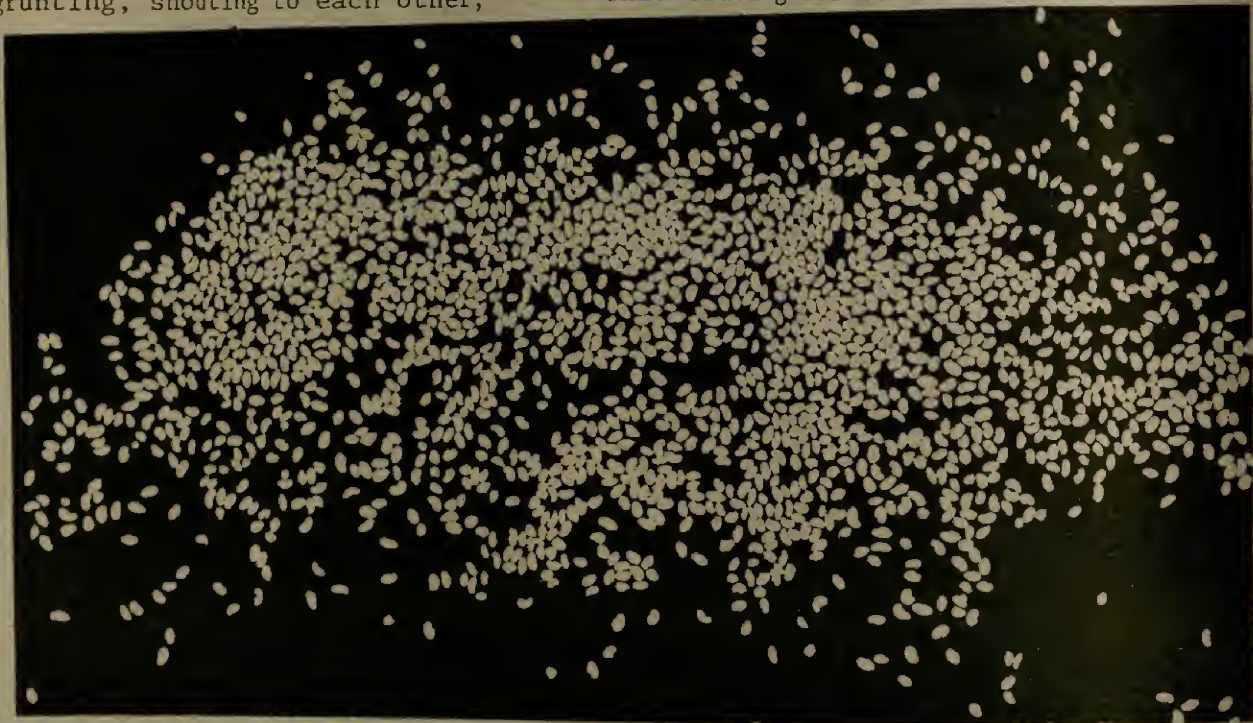
Compulsive eaters--and this usually means overweight people (but not always; some people have a lucky metabolism)--need to handle their problem intelligently. First of all they must want to change. It isn't easy to alter habits of a lifetime, and eating habits are established early. Is it necessary to ask, "Am I hungry or lonesome, frustrated, bored?"

Over-eaters should stop associating hunger with necessity to eat EVERY TIME. Everyone has experienced hunger, gotten busy, then forgotten the hunger, maybe even to the extent of neglecting a mealtime. And what a nice feeling of elation accompanies this non-happening.

Incidentally, exercise tends to kill hunger pangs. In addition to creating a diversion, physical activity causes the blood vessels in the stomach to swell.

It has been impressed on Americans that they must eat three meals a day. Laboratory animals who snack lightly all day don't get fat, and their longevity is considerably more than animals fed three big meals a day. In fact, underfed laboratory animals live longest.

Good high protein food is energy-giving. Roasted soybeans, bean sprouts, inexpensive natural foods give lasting energy that can reduce that craving for bad food.



NEW!!

Honey pop

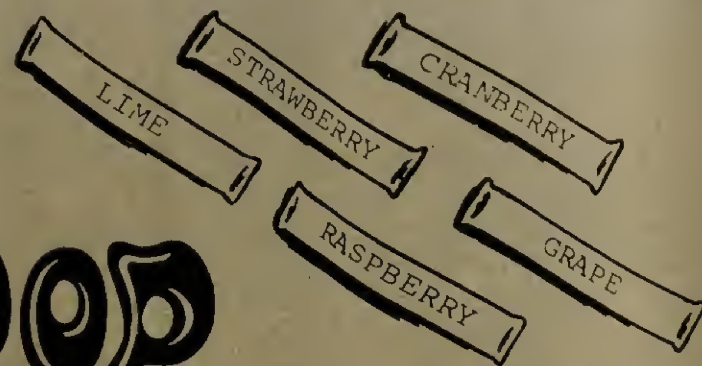
ALL NATURAL POPSICLE

SWEETENED WITH HONEY!

NO ARTIFICIAL PRESERVATIVES!

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NO CHEMICALS OR DYES!



The perfect treat for PARTIES, SNACKS, DESSERT, (Or to keep the kids quiet.) Mom! No need to worry about the non-nutritive sugar intake of your child. So, for a HONEY of a treat...

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CONSUMER BEWARE!

CONSUMER BEWARE! (Your Food and What's Been Done to It) by Beatrice Trum Hunter published by Simon & Schuster \$8.95 442p.

Why would an author so long committed to the cause of natural cookery bother to add still another volume to the poison-in-your-food books already published? Ruth Winter and William Longgood, and more recently James Turner of the Nadar Commission have already covered that ground before, I thought. Wouldn't another cookbook be in order instead? Mrs. Hunter is author of the Natural Foods Cookbook, a pioneer in its field, and just this year she has published one on Gardening Without Poisons (both to be reviewed next issue).

However, one has scarcely read the first chapter, which contains the interesting quote from John W. Vassos of Pet Milk "There is extreme competition for space in the human stomach, before it is apparent that this indeed is THE book on the subject.

Longgood and Winters, who are basically polemical, did much to arouse indignation: it is difficult to read these books and not abruptly forsake plastic foods. Then came the Turner book, which is extremely valuable for documenting the whole embarrassing (to them) and infuriating (to us) history of the FDA and its industry-serving policy.

Mrs. Hunter's book takes up where Turner's leaves off. She addresses herself to a rather more sophisticated audience than Longgood and Winter do; but then, more are aware of the people problem. It remains the task of the hardheaded and thorough researcher to repair to the library, gather up all the information we now have, and bring us up to date.

Mrs. Hunter begins by showing how we have been seduced into buying shiny boxes of nothing laced with poison, then she dwells at some length on the major foods in our diet, what adulterants have been added and the effect on the human system. Her material differs from earlier works in that it is more comprehensive, thorough and carefully documented. (Turner's book is excellent in these ways too, only the scope is not so broad). She is responsible in approach to the material, which is annotated as much as 90 notes to some chapters. The prose is straightforward and functional and inspires confidence in her information. This ought to be on EVERYBODY'S reading list, and we hope it will be out in paperback soon.

We will quote passages from the book in forthcoming issues. We have led off with a passage on baby food for the obvious reason that babies are the most harmed by additives. Then too, if they are fed a factory formula as well as his processed cereal paste and canned foods, they get practically no solid food with the exception of fresh orange juice (if they're lucky) or a slab of zweiback from squishy white bread:

"In the early period of commercial baby-food preparation, products were kept bland. Through the years, baby foods have been used increasingly by adults with ulcers, by persons with chewing problems, and by the elderly. In addition, many mothers select baby foods that appeal to their own eyes and taste. These adult consumers and testers of baby foods have changed the very nature of the products. Now baby foods are flavored, salted, and colored to appeal to adult tastes, not child needs.

To gratify adult desires, numerous additives have been incorporated that are unnecessary, undesirable, and even dangerous. Examination of the labels on typical baby foods in a supermarket shows many additives.

Strained ham and ham broth, meat sticks, and frankfurters for juniors contain, among other ingredients, salt, sugar and sodium nitrite. All three of these additives are objectionable, and especially in baby food. Sodium nitrite is used to keep the color of the meat bright and appealing to the adult who makes the purchase. In the presence of ascorbic acid, the sodium nitrite becomes more potent. Yet both may be present in meat for infants.

Chicken and chicken broth contain, among other ingredients, sodium carboxymethylcellulose (discussed in Chapter 4), a hazardous material. This cheap emulsifier is used for appearance, to keep the broth from separating. Processors claim its "usefulness" is to save the busy mother the time it takes to stir the food before serving! A check of brands without this material reveals that the gelatine found naturally in chicken apparently keeps the product from separating without resort to cheap emulsifiers.

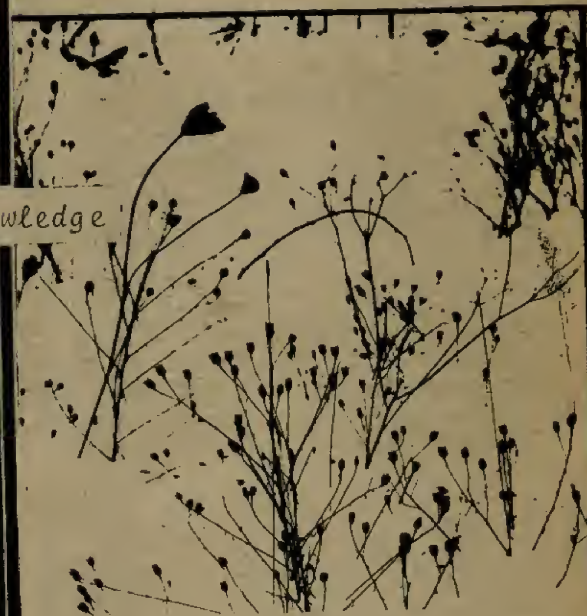
Many fruit-starch puddings contain more sugar than any other ingredient, a highly objectionable feature. Calcium sulfate is added as a stabilizer to some baby dessert fruit gelatines.



The Biblical Tree of Knowledge
1491



In my next incarnation
I should like to be
the wind. Sally



SQUASH can be bought cheaply by the crate and stored in the basement or cool room as long as they don't freeze. They will keep for a year if you put them in a warm dry spot, next to the furnace or radiator for two weeks to dry out and toughen the outer skin before placing in cool dry storage place.

ACORN SQUASH DESSERT
Cut in half lengthwise, scoop seeds out and fill with currants or raisins, nuts and honey. Cover top with foil and bake at 350-400° for 20-40 minutes. Stick inside with fork to test when ready, it will be soft.



Our Nation's Resources

WASTE NOT - WANT NOT

(continued next page)

CONSUMER BEWARE...con't

Sugar is all too common an ingredient in baby foods. In orange juice especially processed for babies, sugar is "added to maintain a uniform sweetness." Sugar is added, not only to fruits and babyfood dessert, but even to some meat foods.

The consumer may wonder just how much meat is contained in the junior "high meat dinner." There is no requirement for listing the percentage of meat, or any other ingredient, on the label of foods consumed by the baby, or for that matter, for any food consumed by human beings. Ironically, this essential information is required on the labels of foods for dogs and cats.

Mono- and diglycerides, the synthetic emulsifiers (discussed in Chapter 4), have been added to some baby foods. MSG (discussed in Chapter 3) had been added to commercial baby foods containing meat or vegetables, until this "flavor enhancer" was found to cause brain damage in experimental animals. The processors voluntarily withdrew MSG from baby-food products.

Salt in baby foods, especially deplorable, is almost universally present in meats, vegetables, puddings, and fruits, appealing to jaded adult taste buds rather than to the young child. The saltiness is increased by the presence of sodium in some of the additives, such as sodium nitrite, sodium carboxymethylcellulose, and monosodium glutamate.

In 1963 researchers at the Brookhaven Institute analyzed different samples of strained meats sold as baby foods. They found the salt content among most samples of vegetables and miscellaneous mixtures in concentrations far higher than those in nonprocessed meats and vegetables:

	sodium range per 100 grams
processed:	293 to 510 milligrams
unprocessed:	144 to 357 milligrams

Five out of seven experimental infant rats fed on a diet of these commercial baby foods quickly developed high blood pressure. The control infant rats, fed a mixture of freshly prepared strained meats and vegetables plus a small daily dose of multivitamin mixture, showed no signs of the disease. The researchers suggested that high intake of salt in infancy may be implicated in the development of high blood pressure in the adult.

Four years after the Brookhaven studies, an analysis made of many commercial baby foods showed that excessively high levels of salt were still present. "Data on the sodium in infants feeding diets indicate that those receiving commercially prepared infant foods are ingesting a level that far exceeds the needs for growth and to compensate for obligatory losses through the skin and kidneys... Since the high sodium in infants' foods is the result of the addition of sodium chloride to make the products more palatable to the mother, consideration might also be given to encourage manufacturers of baby foods to reduce the amount of salt added. There is no evidence that the infant rejects bland foods."

The presence of food additives in commercial foods is regrettable. In addition to the hazards, it offers a specious justification for the general practice of food processors to use additives. The reasoning is: if additives can be used in baby foods, then certainly they must be harmless for the general public.

The mother responsible for feeding a child should be aware of certain facts, stated in a report issued in 1962 by FAO/WHO:

"Foods that are specifically prepared for babies require separate considerations from all foods as regards the use of food additives and toxicological risks. The reason for this is that the detoxicating mechanisms that are effective in the more mature individual may be ineffective in the baby. The Committee strongly urges that baby foods should be prepared without food additives, if possible. If the use of a food additive is necessary in a baby food, great caution should be exercised both in the choice of the additive and in the level of use." (Emphasis mine)

In 1966, the same organization recommended once again that "synthetic or even natural products should not be added to baby food unless absolutely necessary, and in only very limited quantities." An additional recommendation made by the Committee was: "In the case of special cereals or enriched foods, the label should state clearly the ingredients, so that allergic babies could be switched to other compounds."

In view of the special toxicological problems posed for infants, the Federation of Homemakers has urged repeatedly that the FDA set up a separate classification of additives permitted in baby foods. To date, this suggestion has not been acted upon.

Pesticidal residues, already discussed as present generally in commercial foodstuffs, pose even greater hazards in foods intended for infant consumption. A scientist in charge of special technical projects for one of the largest processors of baby foods testified before the Delaney hearings on chemicals in foods that his company had developed a considerable research program to minimize pesticidal residues in baby foods. "Primary consideration," he said, "was given to the evidence that young animals are usually more susceptible than older ones and occasionally exhibit marked changes in certain organs, even though the body growth may be normal, when subjected to the chronic toxic effects" of certain pesticides. He admitted that his company was forced to reject crops that showed contamination. However, such produce was not destroyed, but sold to less particular processors or on the open market. His company had spent nearly \$700,000 during a five-year period to maintain minimum residues in baby foods. Despite these efforts, the scientist admitted that the company was "unable to develop any washing, peeling or inactivation procedure which will completely remove" the pesticide residue or off-flavors resulting from its presence.



"Processing, in many instances, tends to accentuate the off-flavor, which continues to develop for some time after processing, while the produce is on the shelf." Attempts to keep baby foods relatively free of pesticide contamination, testified the scientist, "involves a hardship on both ourselves and the farmers, and certainly does not make for good farmer-canner relationships." Then he added: "But it has to be done not in our interest, or that of the farmer, but in that of the ultimate consumer, the baby."

LIVING PROOF OF HEALTH THRU PROPER NUTRITION

by Catharyn Elwood

"Carry on, carry on! The world must learn the truth of the importance of nutrition in building health." These were the last words of advice given to me by Sir Robert McCarrison, M.D., physician to the King of England. While stationed in India he had found the Hunzas so remarkably healthy that they had little or no need for his services.

His surprise was not so much that there was complete absence of such degenerative diseases as heart disease, cancer, arthritis, diabetes and so on, but the amazing vitality and virility of the oldsters as well as the young ones. In this land of "just enough," the mental and moral problems were missing too, for the Hunzas had no jails. They had no need for dentists, doctors and hospitals, either.

My inspiring conversation with this distinguished scientist-doctor was back in 1959 when our tour was winding up its forty-day health-via-nutrition adventure in Europe. We were on our way to visit Friend Sykes' 1,000-acre farm when we stopped to call on Sir Robert. He had not been well for the last few months, but now was enjoying radiant health on his Hunza-type diet. He was near ninety now, and still keenly interested in putting the message of nutrition across.

I can still hear his weakening yet urgent voice, and sense his dedicated and gentle nature. His pleas to carry on his (our) work by telling the world the importance of food to health and longevity will remain with me always. Doctor McCarrison has since passed on, but his magnificent research in Hunza Land will forever remain as a classic in the field of nutrition and health.

Those of us who have learned through personal dieting experience--and perhaps through laboratory experimenting, too--the healthy blessings that come from simple, whole, natural foods grown on fertile soil, can at once appreciate the diet of these superbly healthy people. It consists only of the foods they produce themselves in their garden-sized plots of land.

Even the garden plot is limited in size. Some have only one-half acre, while others may have as much as five. But every inch has to be skillfully cultivated for bumper crops if the people are not to be forced to tighten their belts too many notches before spring.

These thrifty gardeners produce a small amount of corn along with beans, peas, lentils, carrots, turnips, radishes, spinach, gourds, cucumbers, marrows, flax and mustard. They cultivate mint and thyme and use both seeds and leaves as flavoring in their foods. The British brought them the potato and tomato, which they enjoy.

All their foods are produced with such excellent soil management that their seed strains never weaken or die out as they do here in America, where we are forever looking for more vigorous or more resistant seeds.

The grains they cultivate include wheat, which is one of their most important foods, buckwheat, millet, barley and some rye and rice. They can grow two crops each year because the first one comes in July. Buckwheat is a sturdy crop, able to withstand the cold of autumn evenings. It also acts as a fine conditioner for the soil.

Speaking of the soil, these wise husbandmen practice crop rotation. They return every bit of refuse, including human wastes, to the soil following proper composting procedures. The mineral content in the soil is kept high from the "glacial milk," which is the water from a glacier-fed river used in irrigating. This water is murky, loaded with the colloidal form of mineral salts that never settle out, even after standing overnight. These rich minerals are quickly utilized by soil and plant as nourishment.

Hunzas

It is interesting that although spring water is also available, the Hunzas prefer to drink this glacial water even though it looks "dirty." No doubt they sense they are getting something extra and apparently this addition to their already superb diet increases their well-being.

The wheat and other grains are all ground in simple little mills just before being made into little pancakes called chapattis. These are made without any leavening or seasoning and are served every day, sometimes more than once.

These Hunzas, like many wise ones who live close to Mother Nature, soak and sprout many of their seeds, particularly the legumes (these vegetables that grow seeds in a pod, like peas, beans and lentils). The sprouting gives them a tremendous dose of nutrients, especially the vitamins, many of which simply soar in quantity. There are many other increases, too, including the complex sugars which revert to the easy-to-digest "simple" form and Vitamin E which favors one with an increase in its alpha-tocopherol, the substance that protects the heart and circulatory system. The amino acids increase too, especially the master of them all, lysine.

By the way, someone once told me he didn't think I could give a lecture without talking about "sprouties"---my favorite subject. I replied that I hoped I never would. Now it looks as though I can't write an article either without calling attention to them. After all, why shouldn't I? While the rate of degeneracy of body and mind is skyrocketing in the world today due to the lack of whole, pure food

(con't next page)



Peace and hello to all -

Ricki and I just came back from doing our laundry and we're sitting here in the drowse of city summer Sunday afternoon, musing about our projected cross-country ramble, realizing cumulatively that we really don't want to return to this city, or any other. Not to condemn cities out of hand as totally evil and stifling, etc., but it's sort of a case of unrequited love to the point where even the good and the free becomes warped and corrupt and eventually destructive.

Both of us have rather sketchy backgrounds in various fields - i've been a Head Start teacher, social worker, cab driver, asst. coordinator for southeast asia peace corps projects, counterman, and presently a nurseryman. Ricki's been both a teacher and a secretary with several urban groups and now a publishing house. We're city born and bred, but we both had a taste of the earth and have been trying to live naturally in a 2 1/2 room apartment. A nice idea but it just don't make it.

We'd like to hear from anyone of you with suggestions, leads, etc., for living and working on the earth with brothers and sisters willing to tolerate a couple of inexperienced hands, three cats and an aging but (usually) reliable VW camper.

Write, or if you're passing by drop in.

And thanks -

Frank & Ricki
Herrling-Wasilewski
306 Garfield Place
Brooklyn, N.Y. 11215

P.S. anybody from the city with the same bent, let's get in touch.



**Pollutants are Natural Resources
Recycle and Reuse Them**



THINGS GO BETTER WITH COKE!

Suing for \$100,000 a 76-year old Falls Church, Va., man has been awarded \$20,000 in damages on his claim that he was "permanently sickened" by drinking from a soft drink bottle that contained half a mouse.

George Petalas was awarded the settlement yesterday by a Fairfax County Circuit Court Jury, which debated two hours.

In his suit, Petalas claimed that he bought a ten-cent bottle of Coca-Cola March 20, 1969, from a vending machine inside a Safeway store.

He took two swallows in the presence of a store employee, William Wheeler, Petalas said, when he noticed a "strange taste." He and Wheeler then went outside the store and poured out the rest of the bottle on a driveway, Petalas testified. At the bottom, Petalas contended, was the back legs and tail of what appeared to be a mouse.

Petalas was hospitalized for three days following the incident, he testified. He alleged through his attorney, Robert J. Arthur, that he has since been unable to eat meat, and has lived on a diet of grilled cheese, toast and noodles.

Petalas asked \$100,000 in damages from the two defendants, Safeway Stores Inc. and the Coca-Cola Bottling Co. of Alexandria, Va. According to Arthur, the money represented medical expenses and "past and future mental anguish."

Hunzas...continued

values, one must talk about natural foods and increasing their nutritive values without additives or chemicals. Don't you agree?

The exuberantly healthy Hunzas also use a large amount of fruits. They feast on them in season and dry them for daily use during the long, cold winter months. Apricots are really their most abundant food, but apples, pears, mulberries, plums and some cherries complete their assortment.

They soak dried apricots and make a rich puree of them by rubbing them with their hands. The apricot seed kernel is treasured. The outer coating is not broken until time to press out the oil with a simple, mortary-type gadget. This oil is used in all cooking, and I'm told it is valued for cosmetic purposes too. One can appreciate the rich source of unsaturated fatty acids in this freshly prepared oil, unspoiled by processing of any kind. This probably has something to do with why they don't know what high blood pressure and hardened arteries are.

They grow a few Persian walnuts and almonds, which help with protein needs. They are largely vegetarians, using a little milk, nuts, whole grains, fruit, and vegetables for their every nutritional need.

Meat is available on feast days only as the Hunzas cannot afford to keep many animals. This is due to their limited land, which can

produce enough for only their individual survival and health. A few mountain sheep and other wild animals are brought in occasionally, but not often enough to really contribute to their protein needs.

Their only other food is "ghee," a product that is more of a cheese than a butter. John Tobe, in telling of this food in his excellent book, "Hunza-Adventure in a Land of Paradise," said: "The Mir sent one of his servants out to bring in some ghee. In a few minutes the servant returned, carrying on a tray a huge bundle slightly larger than a football. He placed it in front of me and told me to unwrap it. It was neatly and firmly wrapped in birchbark and when I removed layer after layer of wet-dripping bark, I at last came to the so-called butter. It was gleaming white...I dug a little piece out of the side and tasted it. It was absolutely delicious...I thought it was cheese and that is what I really believe it is."

Ghee is made like butter, using yak, goat, or cow's milk. The milk is put in a goat skin and joggled until butter appears. Then balls are formed and wrapped in birchbark and placed underneath a water channel and left for months or years.

Most of the Hunza's foods are eaten in their raw, natural state, due to a lack of cooking fuel. It's something they no doubt regret, but should really be thankful for.

To be continued next month...



A TIN CAN with top and bottom removed can be pressed down into the soil around a seedling or small plant, then lifted and set in a box for easy transporting with the roots undisturbed in a soil "plug".

OSAGE ORANGE, *Maclura pomifera*, now being rediscovered as an ornamental, also has insect-repelling properties, reports the University of Alabama (University, AL 35486): a single green "orange" will rid an infested room of waterbugs and roaches in a few hours.

from The Avant Gardener
Box 489, N.Y.C. 10028
Bi-monthly: \$10. per year

At the Bio-dynamic Conference at Three-Kold Farms, Spring Valley, N.Y., in August, Catharine Elwood spoke extemporaneously about her new project, Hope of the World, Inc., a multi-faceted research institution and clearing house for nutrition and organic farming information. Excerpts:

We've been having classes in Washington at the Montgomery College at Tacoma Park; in the last class I had the privilege of teaching 340 students. We had judges' wives and attorneys' wives and we had youngfries; in that class we had everybody.

I stood in front of that beautiful class when it was nearly over, and I said, "Ye are the hope of the world," just like that. I said, "Why, that's what we'll call our new organization: Hope of the World and the idea got a hand. Well I stood there thinking a minute; it spells HOW. And then I thought another minute; turn it around and it spells Wipe Out Hunger -- which is exactly what the aim is.

We are dedicating this institution to the bio-dynamic program, because Dr. Rudolf Steiner (originator of bio-dynamics) said, "Without taking care of and getting into the plant and the food it needs, man will never be able to follow through with his aspirations and ideals." So we dream of nutrition village -- a big blanket of protection. We hope everybody will give an awful lot

of money to the thing because we're going to be tax exempt, and from that blanket of foundation we want to trickle money down into every area -- any area where there can be dedicated people to wiping out hunger.

Very briefly: When I finished with my master's thesis and was ready to reform the world's appalling eating habits I decided not to sell my soul for a mess of dollars and take any easy job with industry, the government, or teach, for I knew I would run into all manner of problems where I would either have to compromise and accept their half truths or go my own way. I decided to lecture and see what happened. Soon the students were requesting notes, as they could not possibly remember the material I was giving (which was the scientific truth I had learned at the University). I wrote in my style - 8 1/2 by 11 page and illustrated quite fully with USDA pictures of before and after right and wrong foods. I sold over 10,000. Rodale found it and featured it. Devin Adair publishers asked for it so I brought it up to date, made it easier reading and he had 16 printings before Pocket Books brought it out in paper back. Very near half a million copies of Feel Like a Million have been sold.

It might be interesting to the readers to know of the whopper sized classes I'm having here in the Washington area. Near 350 have registered for the "Total Nutrition" at Montgomery College.



Help!

Somewhere in the wilds of Utah where, among other natural wonders there are shepherders (originally from the Basque country)--there's a restaurant which serves Basque food most excellently, we are told. Except we don't know where it is. Does anybody know out there?

What we are doing is compiling information for a travel map (of inner and outer space) to be published next summer. And what we would like, then, are your recommendations about where to stay (special campgrounds, for instance, or a particularly charismatic lodging house. Things of that sort. And places where you can pick your own natural produce (strawberries, say, or apples) are splendid too. As well as organic outdoor vegetable markets, herb stores, natural doctors, things to see not mentioned in travel books, little-known towns with unique features, etc.

Write us about these places including names, addresses, seasons, hours, good and bad points, ambience (if appropriate) and so on.

We would like to hear about restaurants too. Organic restaurants preferably of course, but we'd also like to know about other ones which serve good food.

When reviewing restaurants, list complete name and address, describe what you had for dinner and how it tasted, prices, hours open. Rate them on friendliness and cleanliness as well.

We will also be reviewing natural food stores regularly. We would like to list every one in the country, but many are not up to par. You can help us decide which ones to recommend by sending the name, correct street address, hours they are open and information about the following:

Do they cater to a specific diet philosophy (such as macrobiotic) or do they serve a variety of tastes? Do they sell books, is there a bulletin board. do they fulfill various community functions? Do they take food stamps, offer bulk discounts, sell grains in bulk? What unusual products do they sell? Give us an idea of pricing on such items as brown rice, nuts, dried fruit. Is the flour refrigerated? Is produce refrigerated? Do they sell fresh produce; do you feel it is organic; when you inquire about this what is the answer? Do they push sugar products? Do they sell home-baked bread? Are the people friendly and cooperative? (Make allowances for an off day.)

Thanks for helping us out.

Turkey with all the trimmings is, besides being inhumane to turkeys, something of a bore. Or, as Elinor Houldson writes us:

"Looking through our recipe collection for holiday ideas, I attracted Dayna's attention. (She's Jim Shere's little girl--he's our Natural Life Styles Astrologer-Writer).

She came upon a full color illustration of a typical Thanksgiving feast and exclaimed, "e-ee-e-oo-oo. Look at that old dead bird!"

So that's what a three-year-old critic has to say about tradition.

HOLIDAY FEASTING

Here, then, is a Natural Life Styles dinner prepared with a little help from our friends.

Drinks: Sumacade (see Euell Gibbons' Stalking the Wild Asparagus) or mulled cider served with cinnamon stick, or apple juice (hot) with a few elderberries, lemon and honey added. Or:

HOT CIDER BOWL

2 qts. (1/2 gal) cider
3" stick cinnamon
1 t. allspice
1 t. cloves
1/4 c. honey

Combine cider, honey, a touch of salt. Tie spices in cheesecloth. Bring slowly to boiling, simmer 20 minutes (covered). Remove spices and serve in punch bowl. If you wish, you can float clove-studded crabapples or tiny red apples in the cider.

Soupwise, you might try homemade mushroom soup, soybean or squash soup. Isabelle, who made the following using Hokaido squash reported: "It was so good it made me cry." This, roughly, is the plan for making yellow squash soup: In a heavy soup pot saute onions and garlic in authoritative oil such as sesame, add 3 - 4 cups water and first year burdock root and cook it until the squash is tender and the skin falls off. Season with basil, sea salt, marjoram. Pumpkin seed oil is expensive but the flavor is wonderful if you add a drop or two just before serving. Indulge! If you should be so lucky to get hold of Hokaido squash, by the way, save the seeds, dry them and give them to your friends to plant.

PUREE OF SOYBEAN SOUP

Save 1 c. of the water used to cook the soybeans; mash 1 c. beans into pulp; add 2 T. onion & 2 T. celery leaves, minced. Simmer slowly 'til tender, then stir in 2 1/2c. milk & 1 T. flour.

Relishes: Any good cookbook has lots of suggestions. How about roasting chestnuts for twenty minutes or so in your oven? Make an "X" on top so they don't explode. Or you can make this classic chestnut puree:

CHESTNUT PUREE

1 lb. chestnuts
boiling water
vegetable broth to cover
1 stalk celery
sea salt to taste
2 oz. butter
cayenne pepper

Plunge chestnuts into boiling water for a minute or two, then peel them. Place in a heavy glass or enamel saucepan, cover with light broth, add one stalk of celery. Cover and cook slowly for about an hour or until chestnuts are soft and broth is absorbed. Remove from fire, pound in a mortar with 2 oz. butter, season to taste with

sea salt (if you use it) and cayenne pepper (just a speck!) then press the chestnuts through a sieve, thin with sauce veloute (this is basic white sauce made with stock instead of milk) add a little cream if you wish and heat gently.

AVOCADO-EGG TREATS

6 hard cooked eggs
2 ripe avocados
1 grated onion
3 t. minced parsley
2 t. salt

Mix the egg yolks with the other ingredients. Fill the halved egg whites with the mix. Sprinkle tops with paprika and garnish with sprigs of parsley.

CELERY-CHEESE ROUNDS

Spread equal-sized celery stalks with white and yellow cream cheeses, press each 2 stalks together, wrap firmly and chill. To serve, cut in 1/2" rounds and arrange on dish.

Salad course: If you live in the country, why not a wild salad? For example: winter cress, ground cherries, wild cranberries, wintergreen berries, jerusalem artichoke either raw (tastes like water chestnut) or cooked and cooled, wild mushroom (raw), dandelion crown, a little garlic maybe, then dress with vinegar and olive oil. City dwellers might try red and white cabbage, zucchini, cauliflower, mushrooms--all raw and in addition to whatever interesting greens you can find.



And then the "roast", which isn't meat, of course:

SOY ROAST

Soy roast is basically cooked soybeans with another cooked grain and seasonings and vegetables all mixed together and formed into a loaf or patties.

5 c. drained cooked soybeans - mash	} Add these to mashed beans, mix.
2-3 oz. tamari	
2-3 oz. oil	
1 clove garlic - minced	
1 1/2 tsp dill seed	
1 1/2 tsp celery seed	
1 1/2 tsp ground thyme	
3/4 tsp ground cumin	

Mix:

3 c. cooked grain - be it rice, barley or millet
1 1/2 c. toasted rolled oats
2 c. chopped veg (i.e., onions, carrots, parsley, celery, corn, pepper)

Combine vegetables and soy mixture, if too crumbly add a little flour and some more oil till mixture will form loaf - place in well-oiled loaf pan. Bake at 350° for about 1/2 hour.

Stuffed vegetable is another possibility. Large mushrooms, giant zucchini, hubbard squash - all are good filled with grains mixed with herbs, celery, onion, nuts, mushroom, currents, nuts and cinnamon set in water and baked for an hour or two or until tender. You can also fill the squash

with honey and dried fruits, or try this squash casserole.

Green vegetables: Broccoli is nice. Garnish with chopped garlic clove that has been sauteed in sesame or pumpkin oil. Or you can slice string beans French style, steam them and serve with sunflower seeds, slivered almonds or mushrooms sauteed in olive oil or butter.

Other vegetables: Jerusalem artichoke can be cooked in their jackets and served hot or cold dressed with onion, cider or good wine vinegar and oil. If your main course does not include squash, here's a casserole:

SQUASH CASSEROLE

To make a casserole in a 9" deep casserole baking dish you would need to bake several squash beforehand - cut in half, coat with oil, place in shallow pan and bake at 450° for about 1 hour or until soft - remove from skins and mash in bowl - approximately 8 c. should fill a good deep dish - after mashed - for a sweet squash dish add 1/2 c. or so of honey, cinnamon, nutmeg, allspice, cloves and raisins or pineapple decorate top with raisins and cinnamon - bake till golden crust forms and casserole is heated through, 350° for 1/2 hour or so. Serves about one dozen.

Or sauteed pumpkin suggested by Caroline Johnson:

SAUTEED PUMPKIN

Peel, seed and cut into 1/2 squares however much pumpkin you'll need for the gang--saute slowly in cold-pressed oil (sesame oil is great, though expensive--peanut oil is the best grocery-store substitute, though if you look hard enough you can find others with no BHT, etc., even some not hydrogenated!)--season with sea salt or stock salt (no aluminum), garlic, and soy sauce. Good! It's nice with some chopped nuts or sunflower seed thrown in at the last just to get toasty.

Or stuff sweet potatoes with elderberry chutney (see Issue#2) and bake. Or try Eve Kaufman's Wild Rice with Wild Mushrooms:

WILD RICE WITH MUSHROOMS

4 cups wild rice, cooked to firm
1 good handful of wild onions, diced
or
1 large bermuda-type onion, diced

Your favorite wild mushrooms, as many as you can find
or
1 pound organically grown mushrooms

oil or butter
small bunch of fresh parsley

Sautee diced onions in oil, add about half the mushrooms and sautee a minute longer. Mix together with cooked wild rice and diced parsley and top with sliced mushrooms or whole mushroom caps, depending on the variety used. Brush the top with more oil and bake, covered for a half hour at 350°. Uncover for 15 min. at 375°.

Serves 6 (cont'd pg. 64)



While trying to debunk astrology, a prestigious French researcher found evidence that the planets do inter-act with human life, though not exactly as astrologers had thought.

A SCIENTIFIC EYE FOCUSED ON ASTROLOGY

by Howard Bloom

Astrology has worked its way as firmly into the body of some American's beliefs as the idea of the atom. "What's your sign?" is a question constantly used to pry open conversations. On the basis of the answer, a couple will often decide whether to be intimate friends or life-long enemies. Should they continue to talk, they are likely to call on Libra, Sagittarius and the like to explain everything from failure in marriage and success in business to laziness and temper tantrums.

Professional astrologers second this popular faith in the principals of their craft. "Astrology is invaluable as a system for discovering your innate talents, for anticipating your life pattern and enabling you to experience a happier, fuller, richer, more meaningful existence," says Joseph Goodavage, author of *Astrology, The Space Age Science*. "A few simple rules will give you a better than 90%-accurate answer to any question....It's like having tomorrow's paper today." More conservative authorities - like Glyn Trully, author of *Astrology: How to Put the Stars to Work for You* -- deny such broad claims, yet assert that astrology can tell you who you are, where you're going, and how you may react when you get there.

Can astrology really do even this much?

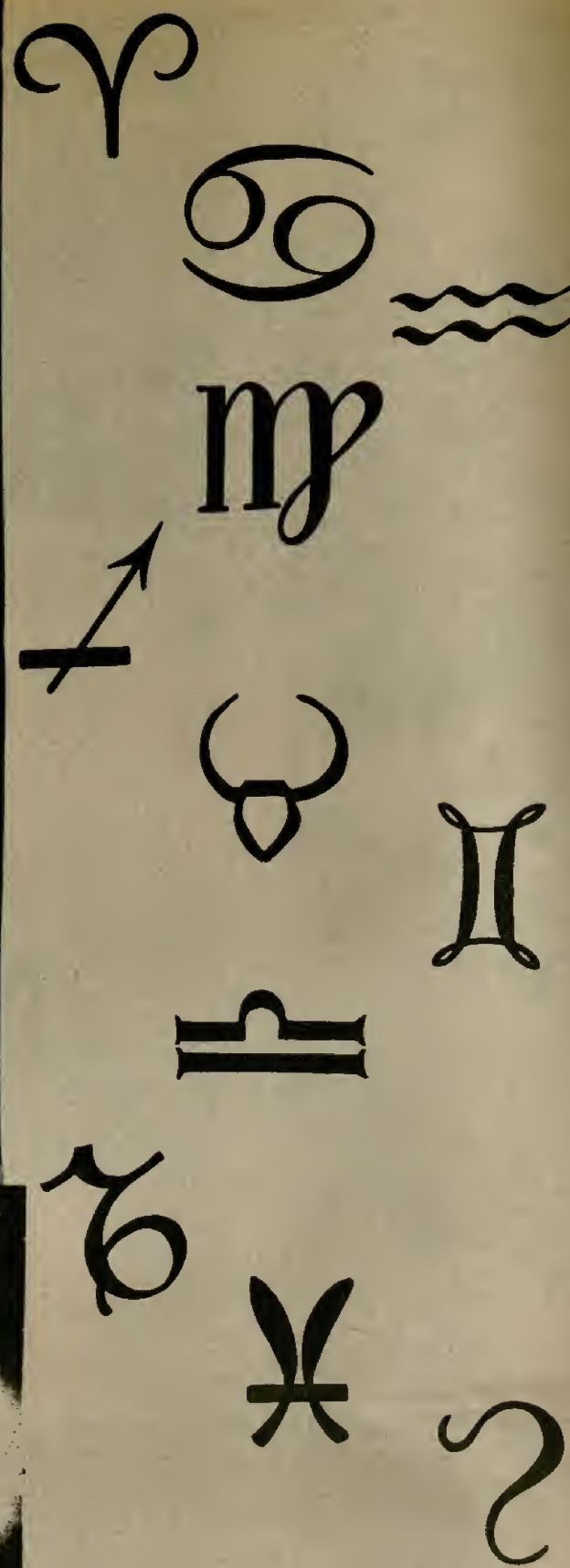
Twenty years ago Michel Gauquelin, French psychologist and statistician, who is presently editor of *Psychology Today's* Gallic sister magazine, *Science et Vie*, set out to disprove the validity of astrology's ancient laws. He amassed overwhelming statistical evidence against the influences claimed for the zodiacal signs, houses and planets. Yet from his work emerged a vindication of an underlying assumption of astrology - the assumption that the position of planets at birth relates to the pattern of later life.



In 1950 Gauquelin examined the biographies of 50,000 people to see how frequently their lives had turned out as astrologers would have predicted. His finding: the predictions worked out only in approximate number of cases one would expect by chance. For example, he tested the influence of the planets on vocation. Now, each planet is said to have a unique impact on personality and vocational ability. For example, Venus, "makes singers and charming people, ardent lovers of flowers and elegance..." Venus' subjects are traditionally said to flourish in the arts. Yet when Gauquelin examined the role of Venus in the horoscopes of 3,000 eminent painters, he found the planet no more prominent in their charts than in the horoscopes of ordinary men.

Astrologers divide the sky above the horizon into six "houses" and the sky below the horizon into another six. As a planet travels through each house, it is said to exert its influence on a different aspect of human life. In the first house, it supposedly effects temperament, in the second, wealth, in the third, journeys and mental abilities, etc... But Gauquelin was unable to find evidence for these traditional relationships in the biographies he examined.

For example, when Jupiter, the maker of good fortune, is in the second house, the house of wealth, it should stamp the promise of riches on those being born. However, when Gauquelin examined the histories of



AN ASTROLOGER REPLIES

Henry Weingarten, head of the New York Astrology Center and publisher of *The Aquarian Agent*, *The Astrology News* - paper, recently invited Michel Gauquelin to New York to air his views at an astrological conference. This *Natural Life Styles* article on Gauquelin's work is derived from the lectures Gauquelin gave while he was here and from an interview arranged by the Astrology Center, all of which Henry helped make possible. Yet Henry disagrees strongly with many of Gauquelin's conclusions. So I asked him to comment on Gauquelin's findings and to put them in the perspective of modern astrology as he sees it.

There are a lot of different systems for pinpointing the boundaries of the houses, and each of them produce slightly different results. Gauquelin adopted the Placidian system (invented by Placidio & de Tito), which few knowledgeable astrologers outside of France use. Look at the effect that could have had when he was testing to see how many criminals had been born with Mars in the eight house, for example. The Placidian system might have said Mars was just outside the eight house in a lot of cases where another system would have put Mars inside it.

a group of rich men, he found that they had been born with Jupiter in the house of wealth. No more frequently than a randomly selected group of ordinary folks.

When Mercury, planet of the verbally gifted, passes through the four houses of activity and conquest, it should dispose the newborn to success with words. But Gauquelin found that the members of an undistinguished group had been born as frequently under this configuration as 1,000 well-known writers.

And when Mars, planet of violence, passes through the house of death (the eight) and jails (twelfth) it should produce convicted criminals or killers. Yet when Gauquelin scrutinized the horoscopes of 623 guillotined murderers, he discovered that Mars appeared in the house of death and jails only as often as you'd expect by chance. If you were born between March 21 and April 20, you are an Aries--presumably hot-tempered, strong-willed, and courageous. Born between June 22 and July 22, you'd be a Cancer--silent, deep-thinking, easily hurt.

Gauquelin analyzed the influence of the signs on the lives of military men, and came up with no evidence that the Zodiac had exerted its traditional powers.

He checked out Napoleon's thousand generals, who should have been born with their sun in fierce signs such as Leo, Aires, or Scorpio. Actually, Gauquelin found they were born as frequently with their sun in peaceful Cancer, Libra or Pisces.

At a recent seminar, someone objected that these generals did not necessarily arrive at their rank because of fiery temperaments. Promotion, the critic proposed, could have been the result of family prestige or affluence. Gauquelin replied that family pull was unlikely to have helped Napoleon's officers, since all were born of poor families and rose to prominence in an atmosphere opposed to hereditary prerogatives.

Another critic rose to suggest that political or social, as opposed to military skills may have gotten these men to the top. But Gauquelin answered that he had considered that possibility too, and tested for unadulterated martial temperament by gathering statistics on common soldiers who died while committing heroic acts on the battlefield. Their horoscopes showed no more than a chance number of births when the sun was in a "warlike" sign.

Turning to the relationship between temperament and Zodiacal signs, Gauquelin divided a group of people from many different vocations into two groups. In one group he put those described by their biographers as modest, kind, intuitive, friendly, soft, impressionable, and a little bit lazy. In the second group he placed those described as tough, ambitious, dynamic, and "a little bit despotic". The members of the "soft" group turned out to have been born as often with their sun, moon and planets clustered in aggressive signs (Leo, Sagittarius, Aries or Scorpio) as in passive signs (Cancer, Libra or Pisces). Similarly, members of the "tough" group were as likely as not to have been born under the influence of a passive sign.

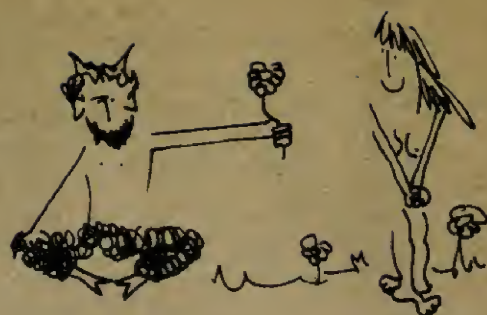
Gauquelin also reviewed studies done by astrology's supporters. He examined the Astrobiological Treatises of K.E. Krafft, the Proof and Bases of Scientific Astrology by Choisnard, the work of the Church of Lights in L.A., and D. Bradley and Van Klocker. Each work he found marred by some fatal flaw. Choisnard, for example, had examined 200 statistics and concluded that Mars and Saturn frequently reach a certain position at a person's death. When Gauquelin tested the generalization on a sample of 7,000, it failed to hold up. The sample from which Choisnard derived his figure had been too small, and the results he'd obtained had probably been the product of a chance abnormality.

Finally, Gauquelin gave a group of astrologers who volunteered to prove their powers an opportunity to demonstrate their ability on "the test of opposed destinies". He presented them with the birth times of 40 men, half of whom had lived long and peaceful lives, and half of whom had been criminals. The astrologers were unable to distinguish between the criminals and peaceable citizens on the basis of natal charts any better than they could have done by chance.

Gauquelin concluded that there is no validity to astrology, that whomever claims to predict the future by consulting the stars is fooling either himself or someone else," as he put it.

Nonetheless, Gauquelin was left with one pro-astrological piece of data he could not conscientiously-- an unaccountably large percentage of members of the French Academy of Medicine had been born with Mars rising or just past its high point in the sky. Was this appearance of the red planet at the birth of so many eminent physicians a mere fluke, or was it the manifestation of a general principle?

To answer the question, Gauquelin began to comb the Who's Who's and municipal files of five countries for new data on well-known men. Twenty-five thousand biographies and many analyses later, he concluded that he had uncovered what he called "a new natural law"--a tendency for eminent men to be born when the Moon, Mars, Saturn or Jupiter were just over the horizon or had just passed zenith. When the results were submitted to experts outside Gauquelin's group, none of them could explain away the findings.



There hasn't been one significant study an astrologer has done where the signs of the Zodiac have shown up either. And I wouldn't expect them to. The Zodiac is an extremely crude system. It divides 360 degrees of sky into only twelve divisions. The ancient Babylonian system used 18 divisions. The Egyptians used 72. And the Indians go up to about 150. You've got to remember that before 1850, there was practically no reference to signs, at least not to sun signs per se as being the sole determinant. It's newspaper astrology that's made the zodiac popular. And newspaper astrology has about the same relationship to real astrology that True Romance has to marriage counseling. How can you possibly expect your destiny to be the same as 15 million other Americans? The people who write astrology columns for the newspapers don't have any ethics and usually are not astrologers. In fact, they're usually just hack writers who've been handed a set of astrological formulae.

But astrologers would expect to find actors under Jupiter because they had been at the front of their field. For actors they'd expect the moon to show up more, since the moon is the public. That should be true for the writers too.



The fact that Gauquelin got positive results after the ascendent and the mid-heaven just proves the whole idea of astrology: the planets in certain positions or zones will be more powerful, and will give people more of a tendency toward success. But Gauque-

A second result appeared which smacked even more heavily of astrology. The planet (not in the zodiacal sign) which presided at the moment of an outstanding individual's birth seemed related to the vocation within which he had succeeded. An unusually large number of scientists, physicians, military men, and businessmen had entered the world while Mars was in the sky. Politicians, actors, journalists, and playwrights tended to have been born in the presence of Jupiter. Writers, on the other hand, were often born under the aegis of the moon.

Having discovered relationship between the planets and vocational success, Gauquelin set out to account for it. That a planet stamps its character on a child seemed highly unlikely to him, so he hypothesized instead that the fetus inherits character traits and a tendency to be born under a certain planet. To test this notion, Gauquelin analysed birth information on 30,000 parents and children. Indeed, an unusually large number of children had been born under the same planet as one of their parents had. The odds were 499,999 to one against this high number being the result of mere chance. Moreover, when both parents had been born under the same planet, the child was twice as likely to have been born under that planet too.



Next Gauquelin dealt with the relationship between specific planets and vocations. He hypothesized that the appearance of a planet at birth relates to the baby's future character traits, and that these traits, in turn, predispose their possessor to succeed in a certain field. Babies born when Mars is above the horizon or past the zenith, for example, may inherit a "courageous" disposition, which would lure them into combative fields like sports or the military, and which would help them succeed once they got into these fields. To test the idea Gauquelin divided his sample of sport into two groups--those described by their biographers and fans as courageous, and those described as less courageous. The proportion of "courageous" athletic champions born under Mars was very high, but the proportion of non-courageous champions was only average.

Gauquelin got similar results when he broke actors into two groups--the extroverted and introverted. Though the majority of actors--the extroverts--were born with unusual frequency under Jupiter, the introverted actors showed a tendency to be born under a completely different planet: Saturn. Apparently, actors as a whole showed a tendency to be born under Jupiter only because most of them are extroverts. The evidence indicated Gauquelin was right; the connection between planets and vocations apparently was only a by-product of the planets' relation to character traits.

Gauquelin was understandably curious about how the link between life and the position of the planets at birth worked. In his book *The Cosmic Clocks* (Avon, 75¢), he points to the existence of human "sensitivities." People with different skin sensitivities, for example, react in different ways to direct sunlight. Blonds burn while brunettes tan, "because of hereditary dissimilarity," Gauquelin says; "the two persons respond with individual variations in sensitivity to the ultraviolet radiation of the sun." He suggests that a similar sensitivity may cause one fetus to trigger its birth when a certain planet is in the sky while another rests quietly in the womb. He cites statements by A. Csapo in the *Annals of New York Academy of Science* that the fetus can secrete hormones to provoke its mother's uterine contractions, and suggests that the fetus could be stimulated to produce these hormones by the appearance of a planet. The hereditary sensitivity of one baby may make it respond with a spurt of hormones to Mars, while the heredity of another causes it to ignore Mars but react to the moon.

Presumably, planetary sensitivity is part of a more far-reaching hereditary make up. The inherited mechanisms which cause a fetus to respond to the rise of Mars with an outpouring of birth-producing hormone may be linked to mechanisms which cause it later in life to respond to danger with courage. And the mechanisms which cause another fetus to set off its birth in the presence of Jupiter may be tied in to mechanisms which make it respond to later social situations in an extroverted way.

lin found effects when the planets were above the ascendent and past the heaven, whereas the Graeco Romans said the planets would exert the most power just below the ascendent and just before the midheaven. On the other hand, the Egyptians and the Indians said the zones of influence would be where Gauquelin found them. So all he did was disapprove one type of division and spur astrologers into using another.

The fact that he finds military men born under Jupiter is alright astrologically. Jupiter is a planet of prominence, superiority, status, snobishness, and being first. You'd also expect to find politicians under Jupiter.

Of course military men appear under Mars; Mars is the planet of war. Traditionally astrologers would also expect to find athletes and doctors under Mars. But not necessarily scientists and businessmen. You see, Mars is a planet of physical energy and activity. Scientists and business people might owe the fact that they've succeeded to Mars, since people born under Mars would be very energetic and would tend to get ahead in whatever profession they chose.

Gauquelin's finding that the extroverts are born under Jupiter and the introverts are born under Saturn is traditional astrology. If it came out the other way around, we'd be in trouble. Jupiter is the planet of being expansive, making things grow, and being out-going. But Gauquelin has a Mercury-Jupiter conjunction, which is why he's so prolific. Saturn is the planet of people who hold to themselves. Pick up any astrological book and it will show you that.

[At this point Henry picked up the nearest book and read Saturn and Jupiter. One of the first words describing Jupiter was "expansive." One of the first for Saturn was "introverted."]

It's obvious that the connection is not so much between a planet and vocation as between planet and character-type. Remember, the Graeco Roman times, when traditional astrology was developed, there were only a limited number of professions, so it seemed easy to connect a planet with a job. Whereas today no astrologer thinks the influence is vocational. A lot of different types of people can work in the same field. For instance in politics, there are elected politicians and appointed politicians. And in medicine, GP's are different from surgeons and they're both different from psychoanalysts. Basically, an astrologer just tries to take all the elements of the horoscope and fit them into a profession so a person will be maximally satisfied. He tries to find the profession where the tools a person has will be most well used.

The high frequency of scientist under Saturn is easy to explain astrologically: The methodology of science involves repetition--a repetition of the same experiment over and over again with very little variation. And that's the nature of Saturn people--tedious, hard-working and repetitious.

The low frequency of Saturn for actors, painters, journalists, and writers probably occurs because Saturn, in general, tends to restrict output. For example, somebody who has Mercury



But can a fetus, sealed off from the sky's influence by the protective walls of the womb, sense a celestial body's appearance in the sky? Laboratory observations made by L.G. Johnson and published in the Biological Bulletin indicate it can. Johnson showed that chicks shielded within the egg and shut off from the heavens by the uniform temperature and lighting of an incubator increase their respiratory activity when the sun is in the sky, and decrease it when the sun disappears. He also showed that their respiratory rate varies with the appearance and disappearance of the moon. Though they "see" the sun and the moon, they seem to know when they're around.

What signals might heavenly bodies send out to alert these organisms to their presence? The signals probably are normal physical forces which decrease with distance, indicated by the fact that only the relatively nearby or very massive bodies--the moon, Mars, Venus, Saturn and Jupiter--show an effect in Gauquelin's studies, and that effect is weaker for the furthest of these--Saturn and Jupiter.

Satellite data shows that the sun, moon and planets inundate the earth with emissions. J.A. Roberts, in Planetary Science Research, reported that planets send out radio waves. The IMP-1 satellite showed that the planets and moon alter the angle at which the flood of positively charged particles called the solar wind hits the earth's atmosphere. And the sun, moon and planets disturb the earth's magnetic field with their long "magnetospheric tails." John Nelson, propagation analyst at RCA Communications, discovered that planets stir up the terrestrial magnetic field even more by affecting, perhaps even causing, sunspots.

Earthly life has been proven sensitive to a large number of such cosmic influences. Researchers have shown that mice alter their behavior in response to weak gamma radiation, that human reaction time slows down in the presence of very low frequency waves, that moods and healing time respond to electrical charges in the atmosphere.

But changes in the earth's magnetic field seem the most likely transmitters of planetary influence, as planets stir up sunspot activity, which in turn disturbs the earth's magnetic field. Such solar and magnetic disturbances have been correlated with such diverse phenomena as the migration of locusts, mining accidents, number of lymphocytes in the blood, and admissions to psychiatric hospitals.

The dozens of ways in which the disturbances influence the activity of adults raises a question: might they also influence embryonic humans? Gauquelin found that on days when disturbances in the magnetic field high, the number of children born under the same planet as their parents double. Which means that the inherited sensitivity to the planets seem twice as active.

At the most elementary level, cosmic influences may regulate the rhythms of life by altering chemical reactions. Giorgio Piccardi, Director of the Institute for Physical Chemistry in Florence, has shown that many chemical processes are slowed down, speeded up, or halted by celestial influences. For example, when liquid trichloride of bismuth is poured into distilled water, it bunches together in microscopic clumps which slowly settle to the bottom of the beaker. Piccardi found that sunspots, magnetic disturbances, and the arrival of "great sheaves of cosmic rays" all quicken settling speed. The same cosmic occurrences also effect the results of the "Takata Reaction," a blood test used by gynecologists to measure albumin in the serum. And these influences, according to German biologist H. Bortels, in turn influence the structure and freezing point of water, the substance which constitutes 65% of our bodies. Indications are that thousands of body chemical reactions could be shifting their pace according to movements of the cosmos.

(Gauquelin points out that a team of skeptical scientists in Belgium who repeated his studies in order to disprove them ended up with the same results, but have been too embarrassed to publish their findings.)



--writing--in conjunction with Saturn tends to be very critical and won't let something out until it's perfect. He'll turn out very few books, although he could write a serious, scientific journal.

[Note from Bloom: Gauquelin found that writers had not been born especially frequently under Mercury.]

I haven't been doing anything about induced births. I haven't done enough work on it to know what kind of influence there is. But what you think is important depends to some extent on your theory of astrology. The kind of theory Michel is working with is that there's an influential factor of some nature from the planets, whether it's electro-magnetic, which few people believe in astrology, or whether it's a undiscovered force element, which the majority of scientifically-oriented astrologers believe.

But there's another approach to astrology which is more Karmic or religious. It simply thinks of things as being very nicely ordered, at least of the human plane, even though they appear to be very chaotic. You come out at the time you're supposed to come out, and your whole life in a large sense is predestined, whether your birth is induced or not. An astrologer who believes in this kind of order to things would not be very concerned about Gauquelin's induced births.

One of my major complaints is that Gauquelin used medieval astrology. When we were arguing once about the meaning of Jupiter, he gave some French source from the 16th Century. Now if you take 16th or 17th century astronomy or medicine and you knock it, what are you proving? You have to remember that astrology's been neglected for three and a half centuries by the scientific community. Plus there are 2,000 years of copying errors. The ancients were fairly good, at least the Babylonians, the Egyptians and the Indians. But in the Middle Ages a lot of what they had to say was distorted by the copyists who redid the old books.

[Bloom Question: Have there been any new developments in astrology in the last 400 years to replace the old systems?]

There have been advances, but most of them have taken place in the last 50 years. After World War I, Witte and other researchers came up with new types of relationships between the planets. Witte was in the signal corps in Germany, and he used to sit on the front taking messages from the French, Russians, and Germans. He'd notice that activity was very heavy on one front for a few days and then very light, but that the pattern was different for each front. Being an astrologer, he was interested in knowing why. When he tested some of the traditional laws, he couldn't get any results. But he found that certain symmetrical relationships could account for it. These relationships had been mentioned by Villa Franche, a 16th Century astrologer, but they'd been neglected. They're situations where planets are found at certain points between two others. Astrology traditionally used aspects, the angles between two planets but symmetrical relationships use three or four or more planets.

Gauquelin began his career by toppling the edifice of traditional astrology and he continues to cast a skeptical eye on the ancient system. As he and I were leaving an interview at the New York Astrological Society, a few weeks ago, he took me by the sleeve and drew me aside. Then with a look that betrayed his embarrassment at being treated as an authority on a field still wrapped in the shadows of superstition, he whispered, "You don't believe in this astrology business, do you?"

But his results have led him to hope that someday the Babylonian hand-me-downs will be replaced by a modern science of celestial influences. Gauquelin even hopes to see a new system developed to predict temperament and social behavior from planetary position. However, he says that the relaxing drugs and surgical means being used these days to induce birth are tending to eradicate the relationship between birth time and planetary positions. As evidence, he points to the finding that the tendency for children to be born under the same planets as their parents disappears when births are surgically or chemically timed. Gauquelin's new science may have arrived just in time to see the phenomenon it deals with become extinct.

HOWARD BLOOM

The main importance of Michel's work is that it gives you overwhelming, if not conclusive, evidence of cosmic influence on human life. Twenty years ago if you'd said there was cosmic influence on any kind of life, traditional scientists would have said that's nonsense. But then studies on weather and sunspots (all described in detail in The Cosmic Clocks) proved that natural phenomena were indeed effected. Still, up until about ten or fifteen years ago, it was scientific heresy to figure that the planets influenced organic life. Now it's accepted.

But as a friend of mine says, people can understand how the planets influence the weather and earthquakes, but moving a human being is a different story. Michel's work finally seems to prove an influence on human life.

HENRY WEINGARTEN

Milton Wend is an 80 year-old engineer, vegetarian, designer, Real Food Store owner, blacksmith, and the government's top expert on Bamboo. He lives on Martha's Vineyard, involved in perhaps 200 various projects simultaneously.

MILTON WEND's NATURAL LIFE STYLES #2

Perhaps some comments on No. 2 of Natural Life Styles similar to those I passed along on No. 1 may be welcome. I continue to admire the job you are doing.

Page 12. One of the best indicators of a ripe banana is the presence of black spots. Grab them when you can. Later the entire surface blackens.

Page 14. An additional reference to the Waerland System is to be found in the book: Health Secrets From Europe, Airola: Parker, 1970, \$6.95, starting on page 66.

Page 19. An interesting story worth telling with regard to the Indian attitude toward footprints is to be found on page 103 of The Silent Language, Hall; Doubleday, 1959, \$4.50. An agricultural consultant to a tribe of Pueblo Indians suddenly found them completely unresponsive. He went to the chief whose only comment was: "Think." Suddenly he understood. In the spring the Taos believe that Mother Earth is pregnant. To protect the surface of the earth they don't drive their wagons to town; they take all the shoes off their horses; they even refuse to wear hard-soled shoes themselves. The agriculturist had been trying to institute a program of early-spring plowing.

Page 20. Those who enjoy the What's Under a Rock? approach may find similar pleasure in two other books now long out of print but possibly available in some library. One is Jungle Peace, by William Beebe. He describes what he found on a thin square yard of jungle ground spread out on the deck of a boat as he sailed north.



The other is a bulletin issued by the Ohio Biological Survey; Microclimate and Macroclimate of Neotoma, a small valley in Central Ohio.

Page 32. As Eve Kaufman points out, very few foods contain all of the essential amino acids. This reinforces the advice that we constantly live in our natural food shops, to use shotgun tactics: Eat a considerable variety of various foods and thereby cover possible deficiencies in some by others that supply them; Be suspicious of mono-diets. On this page under enzymes, it is of interest that while very few unfavorable reviews of Beatrice Hunter's Consumer Beware have appeared--due probably to the soundness of her material--what may possibly be an indirect attack on the whole health food approach is in the book, Better Food and Better Health. This follows the "party line" of the food industry and contains as a typical statement that hormones and enzymes in foods are meaningless despite fad claims.

Page 52. Another "must" book if you get more involved in Chinese cookery is: Joyce Chen Cook Book, Lippincott, 1962, \$6.95.

WEND

Page 60. Another low-heat spray process powdered skim milk is Pet.

Page 64. Some further comments on tanning--as it applies to the production of vitamin D rather than for its social prestige. If the skin has been washed or ocean bathed within several hours before or after exposure, there is no vitamin D production. The ultraviolet light must act on the sterols of oils on the surface of the skin. The resulting ergosterol is then slowly absorbed into the blood stream and then stored in internal organs. Too much vitamin D can be harmful. It is a transient vitamin and can be stored in the body in any great amount for only about a week. If one were sure of sunny week-ends, one might "re-charge" the D battery every week-end --but don't count on it.

Vegetarians who are unwilling to use fish oil products in the winter months should know that a few square inches of flesh exposed to a sunlamp five minutes a day, summer or winter are all that is needed.

In our middle latitudes, there is almost no effect from the sun between about October 1st and March 1st.

Page 81. A way of clearing out debris in the intestinal tract without fasting is the use of colloidal bentonite. This is a mechanically active absorbent with a scouring action made from volcanic ash. It is available in the form of Sonne's #7 and a year's supply may be obtained from Sonne distributors, including Wendway, Edgartown, Mass. 02538 for \$7.00 ree advertisement!

Aloha!
MILTON WEND

Eve Kaufman

Alice was curious as to why we chose to interview her because she doesn't go out of her way to find organically grown food and she no longer takes vitamins. Alice has a cold. Contracted while taking "vitamin C, vitamin A, vitamin everything."

She is not a vegetarian, loves to go out and have big roast pork dinners. However, "I don't eat as many potato chips as do some super-organic people I know when they go on a binge: Coca Cola, stuff I'd never eat." She hoped that we didn't consider her some kind of authority on natural food.

Alice on Fads:

(We discussed Ann Wigmore, wheat grass therapy and enemas. Wigmore's is an adaptation of the Waerland system, Eve points out, where you brush your skin with a stiff brush. Alice looks disdainfully skeptical) Yeah - wear a few hair shirts and flagellate yourself a little.

All these kids I know - they fast for 3 days to 'clean out their systems.' Then they'll eat nothing but bananas for another 3 days. Then they'll go out and get stoned somewhere or get drunk, eat potato chips. There's no continuity.

Alice on Foods:

I don't like to buy anything that's frozen or comes in a can. But beyond that I think you could spend the rest of your life picking out the right banana, potato or whatever. And then you might find that somewhere in that potato there is some kind of poison. So you stop eating that and go on to something else. But there's some poison in everything. And I'm not ready to starve until my crunchy granola comes from Walnut Acres.

But I love growing my own vegetables because they taste better. Better because I've known my tomato since it was a little flower; we've had a relationship. I've come in contact with it every day. I have opinions about it, feel affection towards it. We enrich each other. In the end I eat it. And because I'm not eating a stranger my life is enriched in many ways, not just nutritionally.

Co-ops are springing up all over, in the city as well as in the country. I think it's wonderful--not just because the food is cheaper but because the people are getting together. They are making contact with each other as well as with the food.

What Alice Has Been Up To:

I had to move out of my house. It threw me for a loop and I've been doing a lot of soul searching since then. I realized I had created a kind of mystique. I really depended on my house, the stuff all over my walls, you know, the whole 'Alice's house business. Then I found myself out on the street saying, 'Well, what now. Who is Alice without Alice's house.' I had plastered my self-image on the walls. It was such a great place and there was always something good to eat and a good time. Once out, I found I had been using it as a way to avoid dealing with who I really am and what I was really doing.

alice brock

I keep running into that stone wall. In a way I'm very envious of people who just take off for the next good time when things get bad. Because I tend to get too serious and stuck into having to see it through all the time. Stuck on commitment. Really, our lives are our only valid statement; all the rest is rhetoric.

I know a man who was very unhappy with his life. But he believed he was doing the 'right' thing. When a new life presented itself he said yes, that is happiness. But he turned his back on it to continue doing the "right" thing. That man is a fool - and worse than that, he is adding to the misery of the world.

Ray used to have a button that said, "If it feels good, do it." I thought that was an irresponsible way of life. Now I believe it is irresponsible not to do it.

Alice on Communes:

I don't think I've ever been to a real commune, because my idea of a commune is where everybody who's there is really contributing to a communal life, to the whole picture. Ray and I didn't have a commune because Ray was working and I was doing the laundry and the kids were having a good time. More of a family situation than a commune. If we went away for 3 weeks the heat would go off and the lights would go off and they would starve and their socks would rot on their feet. Of course that was quite a few years ago, and now there is a much different scene going on. I believe that communal life can work, but I have never really experienced it. There's a lot more to living with people than sharing the same roof.

continued next page



The Herb Society of America
300 Massachusetts Ave.
Boston
Mass. 02115

The Herb Society, an organization to further the knowledge and use of herbs.

We have 13 units over U.S. and Canada - and a group of members-at-large. We have several small publications, "The Herbarist" comes out once a year. Our group gives lectures; has sets of slides for rental etc.

Yes, we have a library in our Boston office in Horticulture Hall - address above.

Leah E. Paxton
Corresponding Sec'y



THE FROG POND...an experimental habitat, lodge & kind of youth hostel in the Blue Ridge mountains of North Carolina, offering simple, inexpensive accommodations for visiting nature lovers, hikers, handicrafters, pilgrims, & Green Earth people.

Green Lake Lodge, Deep Gap,
N. C. 28618



LETTERS

...Would like to run ad "Help Organic Farm in Miami, Fla. call Don 271-6152" Would an aloe vera plant be good payment? (Yes! ed.). It's a multi-use herb the seminole ascribe magic properties to. It is used on burns, scar tissue, radiation poisoning (U.S. army has tons of EXTRACT stockpiled for use after nuclear warfare), and a real good internal cleanser plus many other uses (best shampoo ever). I can't send you any yet - the plants are too small to be shipping without going through some sort of a traumatic shock - in a few weeks would be good. (We're waiting. ed.)

In Miami area there is a HIGH VIBRATION non-profit natural food store: The Oak Feed Store, East of Oak Avenue and Rice Street, Coconut Grove, Florida...

Don
5010 SW 93 St.
Miami, Fla. 33165

I have been buying at a wonderful Health store about 10 minutes drive from the above one. It covers easily 125' x 200' - clean - well arranged - well located in nice surroundings. Reasonable prices and lists everything it sells in the food and herb-vitamin-cosmetic line - as either authentic organic or recommended as being one of the best when it is not organic. (Like butter - cheese - etc.) Their fresh vegetables and fruits are wonderful!!

It's located at: Lindberg Nutrition, 3945 Crenshaw Blvd., Los Angeles, Calif.

Thanks for a good health magazine - keep the truth pouring to us!!

Sincerely,

Rosemary Anderson
1210 Truro Ave.
Inglewood, Calif.
90301



Dear Natural,

You might be able to use some of this material to fill your margins. I wasn't sure how you would want it presented so feel free to edit it however you wish.

For your list of natural food stores:

The Gingerbread House
Depot St.
Bennington, Vt.

It's a fine, small communal enterprise although their selection is somewhat limited. Bennington also has, or had, (in March) two other natural food shops although I haven't had any experience with them.

Tim Lahey



Alice...continued

Alice on Her Rise to Fame:

I always thought I was an extraordinary person; my parents always told me so. But the fuss made by the movie and the media had nothing to do with any natural attributes that I might have had. Knowing Arlo, living in a church, and owning a restaurant are not extraordinary things; they were just part of my life. But then someone comes along and says, "Oh wow, you live in a church, you know Arlo Guthrie, you're fantastic." And suddenly I'm famous. It doesn't really make much sense. You lose a lot of confidence when just sneezing makes you extra ordinary. All of a sudden it doesn't take very much for people to think you are great. I need a lot of reassurance so it's very tempting to stand around sneezing and feel that you are loved. That kind of 'fame' is something I can do without. But I get wonderful phone calls and terrific letters. I get letters from mothers who say, "I haven't talked to my daughter in three years and last night, after reading your book, we spent the whole evening talking about cooking, and how it is, and how I feel about cooking for my daughter and my son and my husband for the last 20 years. And suddenly we've bridged the generation and thank you, thank you." Isn't that wild?

It's kind of interesting because the whole Alice's Restaurant thing was hippie-oriented, right? But then here's this person who is actually cooking, and I put out a cookbook all kinds of women can relate to it. I mean, even my grandmother gets turned on by it because, after all, she cooks. That's a major part of her life. A woman is a cook, - you know? So I'm acceptable to people who would never accept me as a hippie, because they look at the book and I seem to know about chicken. I've met a lot of terrific people through these letters and calls. So I suppose something real has come out of it all.

Alice on What's Next:

Well, my cookbook is doing well. I am a good cook and I'm very proud of the way the book turned out. I did all the drawings and I had a good time with every facet of it, but since I wrote the Alice's Restaurant Cookbook, I've really thought a great deal about eating and cooking and nutrition and I am working on a second book. It will also be a cookbook, but the recipes will be for groups of 10 to 15 instead of 2 to 4 people since we seem to be eating in crowds. I am also trying to translate all of the nutritional rhetoric into a language which will apply to the way most of us live.

I had all these beautiful ideas about how a person should live, but when I turned around and began to take one day of my life and look at how I actually spent it, I was horrified. I found I talked and dreamed a lot, but the reality was another story. Now I am trying to put it together. I mean knowledge and ideas are meaningless unless they are an active part of your life. We are always deluding ourselves and sometimes it's good to stop and check yourself out. That's what I've been doing. It's painful but it's also humorous and I found that although I am pretty terrible, I'm really not so bad. Now I am building a new house, It seems like another trip but it's really more of the same.....

Alice on The Move:

They did a real Hollywood number but for me there was a lot worth while about doing the movie. It was a psychodrama; I learned a lot about my relations with people. We all did. Everybody played themselves except Ray and me. Our life was like a fantasy in the movie. Ray and I were divorced while they were shooting the wedding scene. It was all so wild, living the past, the present, and everybody's fantasies all at once.

Alice on Ray:

The portrait of Ray was really far-fetched. I think in the movie Ray was the most unreal character. He is very sensual and exciting, a super hero type who can do anything - build a house, shoot a gun, pick up a bathtub with one arm. He is very immediate and vital, and he is also just another human being like all of us. I think Arthur Penn was afraid Ray's real energy would overpower the movie and so he invented the character he did.

Alice on Alice:

I'm really in love with the 16 year-old point of view. I think they're much freer than I am. I have a lot of 50's garbage, a lot of "morals," and I use words like "integrity," which you never hear. I can't break out of that. I was fed a lot of bull about where life is at and what kind of person I'm supposed to be. I'm fortunate in that I didn't believe all of it, but a lot of it I did believe. I learned how to perceive things in the 50's. You know - relationships. Now I have to consciously struggle to change the way I look at things. Maybe my ideas of being responsible are wrong. Maybe I should endorse Wet and Wild or Creamy Pudding and make 40 thousand dollars. Maybe I should have Alice's Restaurant pots and pans, and spatulas and spices. But I can't bring myself to do it. A 16 year-old would probably do it in second. They are not hung up on selling out in those terms. They can live in a much freer way.

We tend to think in terms of there being A Way, An Answer. There isn't An Answer. There are infinite answers, infinite views of life. If there

Alice...continued

is a 'right' one, it is the view that you feel most comfortable with at the moment. And to hang onto it any longer than that moment is to limit yourself. Sometimes I become completely overwhelmed by just how awful we are - how we are killing each other and destroying the whole idea of life. Life is paralyzing, from that point of view, but then in the middle of those thoughts, a bird flies by, or a friend shows up and wham - you're on another trip. Does that make us hipocrates? Or does it just mean we are living things, affected by all other living things and that we have an endless capacity? - Most of us are not Ann Wigmore but we don't have to be a Howdydoodie either. There is a way to be more conscious of the food we consume without being fanatic and that's mostly what this new book will be about.

About another restaurant? Sometimes I say Never! Because the way I cook I do not think it can be a financial success and it would probably drive me crazy. Other times I find myself planning menus and getting very close to opening another restaurant. Who knows? I am interested in a lot of things besides cooking. For me life is so full of opportunities that it is more a matter of picking and choosing rather than inventing.

Alice on Women's Lib:

I think Women's Lib is terrific. They are absolutely right about many things and most important they are making people more conscious. Women are now able to talk about things which they never were able to before - with each other and with men. Women's Lib has really helped me out of the garbage can. I can see now that I am not a freak for getting angry at certain attitudes which used to be socially 'proper.' Although this new consciousness has forced me to abandon some of my 1950s style dreams, those dreams were actually keeping me from fulfilling myself. I think it is important that we continually reexamine and redefine our values, and the Women's Lib movement has done a great deal to improve human relations on a very basic level.

Eve on Alice's Restaurant Cookbook:

Alice's Cookbook is so fine that I cannot resist saying some words about it. Alice knows about the chicken and other stuff. She tells you all the right things: How to season a pan, how to have the proper (meaning loving, relaxed happy) attitudes towards cooking, how to compose a meal (like a symphony, it has texture, contrasts, counterpoint, suspense, surprise, everything), how to make friends with spices, how to create terrific marinades, and she draws you a picture of a real, live veal.

Alice's Restaurant Cookbook by Alice May Brock, Random House, N.Y. 1969, 148 p., color and b&w photographs.

CHEESE AND SPINACH SOUFFLE from Alice

Don't let the word souffle throw you. This cheese and spinach mixture has many delicious possibilities. My sister wraps the mixture in phyllo pastry and bakes it. Some people pour it in a pie shell and bake it. I usually just plop it in a greased casserole dish and serve it with Linda's Cuban Bread.

The cheese can be Ricotta or Cottage Cheese or a combination. Feta Cheese is good too but since its dry, use it half and half with a wetter cheese. Instead of spinach some other dark leafy green would probably do. For me, this basic recipe is a wonderful beginning for all kinds of oral experiments.

Optional additions can begin with $\frac{1}{4}$ cup of wheat germ or whole wheat bread crumbs, cooked bacon or sausage, $\frac{1}{4}$ cup grated hard cheese, roasted nuts or $\frac{1}{2}$ cup of anything that strikes your fancy, Herbs such as dill, oregano, chopped parsley or others can always be added.

INGREDIENTS

- 1 pound of SPINACH
- 1 pound of CHEESE
- 2-8 TBL of Butter and/or OLIVE OIL
- 1 Large chopped ONION
- 1 large clove of GARLIC, mashed or chopped
- 3 EGGS, beaten

If you use fresh SPINACH: Wash it, stem it and tear it up into small pieces.

If you use frozen SPINACH: Get the chopped rather than the leaf variety. Defrost it and drain out the water. (Nutritionally, this is a poor practice). Saute the ONION in the OIL or BUTTER until soft. Add fresh SPINACH and GARLIC. Stir, cover and steam on a low heat till the spinach wilts. (If you use frozen spinach, its already wilted, just mix with cooked ONIONS). Add the CHEESE and then the EGGS. Mix it up and pour it in a greased casserole or loaf pan. Bake in a moderate oven 20-30 minutes or until firm.

Dear Sir:

I saw and enjoyed your last issue. I was especially interested in your list of Connecticut health food stores. There are some corrections to be made in it though.

The store in Westport is now Leonard's Eco-Farms instead of Four Seasons. Mr. Leonard Urbanowicz bought it about one year ago. He shifted from mixed organic and non-organic produce to strictly organic. The line of produce runs from avacodoes to zucchini, and everything in between. Goat's milk and raw cow's milk also make the scene. Nut butters are ground to order. Pills make up only a very small percentage of the total stock.

Mr. Urbanowicz has been a "health food nut" for many years. He started his business in his garage serving a tiny number of fellow "nuts" about five years ago. Despite his growth he remains very responsive to customer comments. No matter how busy his day, he always seems ready to answer a customer's questions.

For most of the year his produce is flown in from California but during the summer season a part of it is grown in his own garden and other gardens in the area. Some of his breads are baked by area people also. It's definitely one of the biggest and best natural food stores in the state.

Oh yeah, he accepts food stamps.

A health food store you missed completely is Nature's Harvest. Address:

Nature's Harvest
Chamberlain Turnpike
Route 71-A
Kensington, Conn.

(Just outside of New Britain)

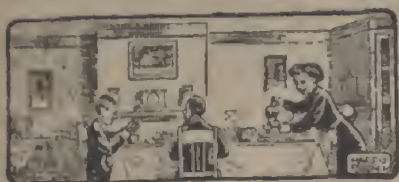
Run by a woman, a former R.N., it's been open since last August. She discovered natural foods during an illness suffered by her son. With them she nursed him back to health, something which all the "miracles" of modern medicine failed to do. It's a good medium-sized store with a few whole grains and types of produce in stock. Raw cow's milk here, too.

Another health food store you missed was Wayne's. Address:
Wayne's Health Food Store
Washington St.
Middletown, Conn.

This store isn't much of a loss from the list. Strictly a pill and bottle store. No fresh produce, except if you are there at the right time of the month. I guess you'd have to live like a monk the rest of the month. It's been open for a couple of years. I've asked the owner about his plans for expanding his line of fresh produce, but as of last enquiry I got the same answer I got two years ago. "We're hoping to soon."

Another point of interest on the New England health food map you may be interested in exploring is 34 Governor Street, Providence, R.I.

SKYSKYSKYSKYSKYSKYSKYS,
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Plain Directions to Follow

Nephew—Uncle, what's the best way to open an egg?
Uncle—Well, you city fellers may have lots of new fangled ways of doing it, but one good way is to have a mother hen set on it and hatch it.

Alice...continued

WHOLE WHEAT CUBAN BREAD from Alice

THIS BREAD CAN BE WHIPPED UP IN NO TIME - YOU COULD EASILY MAKE IT EVERY DAY AS IT TAKES ONLY ABOUT 3 HOURS FROM FLOUR TO BREAD.

- 1 TBL ACTIVE DRY HIPPIY YEAST (that's without BHT) or 1 pkg. or 1 cake of YEAST
- 2 CUPS LUKEWARM (80°- 85°) WATER
- 1½ tsp SEA SALT
- 1 HONEY
- 4 CUPS WHOLE WHEAT FLOUR
- 2-3 CUPS UNBLEACHED WHITE FLOUR
- OPTIONAL: SESAME or POPPY SEED

Dissolve the yeast in warm water. Add honey and salt. Stir in ½ the flour in the bowl. Turn out dough onto a floured surface and knead in the rest of the flour. do this for a good 15 min. If you need more flour, add white but the more flour you add, the tougher the bread will be. The dough should look satiny, smooth and elastic. Place dough in a well-oiled bowl, turn once to oil both sides. Cover with a warm damp cloth and let rise in an 85° place for 1½ hours or till double in bulk.

Turn dough out onto floured surface and shape into 2 long loaves or 2 round ones or individual dinner rolls. Place on a baking sheet that is sprinkled with yellow or white cornmeal. Let rise a short time, maybe 15 minutes.

Slash the top of the loaves making diagonal slices. Brush with cold water; sprinkle with sesame or poppy seeds if you like. Place in a cold oven. Set the oven at 400° and put a pan of boiling water under the bread. This makes the crust hard and crunchy. Bake for 40-45 minutes. If bread doesn't brown, fifteen minutes before its done, brush with a little milk.

This is good hot out of the oven, but also makes delicious toast.

CREATIVE ITCH BOOKS

THE ILLUSTRATED HASSLE-FREE MAKE YOUR OWN CLOTHES BOOK by Sharon Rosenberg and Joan Wiener. Published by Straight Arrow. \$7.95 in hard cover -- an outrageous price.

There's nothing in this book but the simplest common sense, and anyone who's done any sewing will learn nothing new about how to put in a zipper or sleeves. BUT this book is GREAT for something else - it's a liberation trip. The message of this book is that homemade clothes should look homemade. They should look like YOU made them, not Vogue. "There's a thing about high fashion - it's pretty much a hype. All this raising and lowering of hemlines, these do-dos and don't-don'ts seem to us to be just a way for the clothing industry - big business indeed - to keep their thing going. We find Vogue and Bazaar magazines best for cutting up as collages. They are not, under any circumstance, to be taken seriously. Mass produced garments just never seem to acquire the aura of down-home funkiness that home-mades have."

After reading this book (which I did word by word even though I know how to sew), you fell that if you make something that looks pretty, is comfortable, and manages to stay on your body - you've really accomplished something. That's a great way to feel. You're ready to try anything.

For the first-time-ever sewer, this would be a great introduction. Even at that price.

NORA CHASE

Rips And What To Do About Them

You don't have to throw something out just because it's ripped. Once I threw out an old pair of tights, a *shmata* with a horrifying gash and Sharon said, "Ork. What are you doing?"

"I am throwing this rag away."

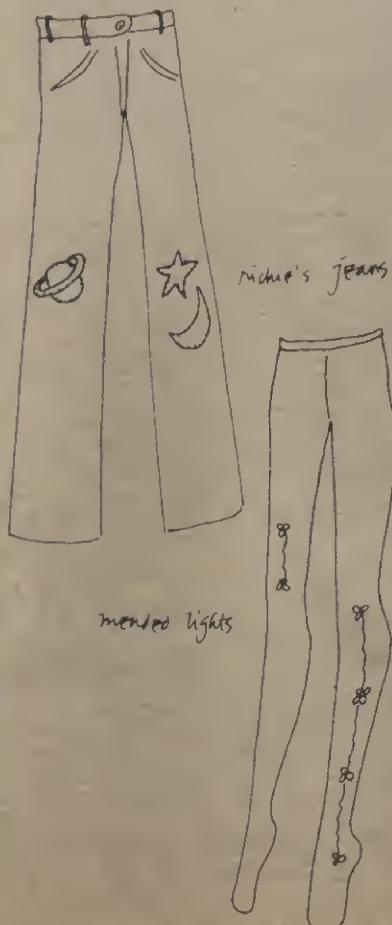
"It's still wearable."

* Then I take it out and dutifully embroider over the rip and have something I can really dig.

If you don't have a-guardian mama-type, heed this: Cover a rip with a super-patch. Richie's jeans ripped in three places. In one place I sewed a patch cut to resemble Saturn, over another rip a crescent moon-patch, over the third a nice leather star.

Embroider something big over a rip—a butterfly, a flower, a crab, anything.

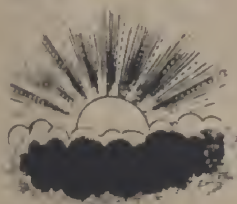
As for ripped tights (panty hose), a ripped seam makes an excellent stem for an embroidered flower. And embroidered tights look groovy even if they aren't ripped to begin with.



A North American Oracle THE ASTRAL PROJECTION

from New Mexico

is
Articles, Artwork, Cosmic
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healthful foods and ways
to live, reviews of inter-
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raw diet

Thorwald and Shirley A. Boie

For some time we have known very healthy people who are into the 100% raw food diet and we have been moving in that direction with pleasant success. It requires a reorientation of eating habits (all for the good) with a new sense of cuisine- but it's worth it. The Boie's book is a good simple introduction into the area. The Boies state that raw food benefits include:

- "1) Superb digestion.
- 2) Healthy skin. Blemishes, acne, etc. disappear often in a short time.
- 3) Never that tired feeling always full of pep and energy.
- 4) No tiredness after a meal- even if you eat a large raw food meal.
- 5) A happier outlook on life- because you feel better.
- 6) You will need less sleep, and you will get more restful sleep.
- 7) The pulse will usually drop 10 beats a minute, saving the heart over 14,000 beats a day!
- 8) No hot substance which can damage your teeth, your stomach and mouth linings.
- 9) It is easy to overeat on cooked foods. Raw foods give more nourishment- so you do not want so much.
- 10) Raw foods are easier and faster digested.

Here are many other advantages such as lower grocery bills, less dirty dishes, lower doctor bills, lower gas and electric bills. The many hours saved in the kitchen can be used for something else."

The booklet includes healthy recipes to get you started:

"Here is a recipe for the HERB DRESSING, which we use on our salads:

2/3 cup of oil (Safflower, Sunflower, or All Blend Oil)
1/3 cup of raw apple cider vinegar or lemon juice
Add about 1/4 teaspoon each of the following herbs:
Dill Weed, Marjoram, Thyme, Sage, Garlic (if preferred).
Mix the ingredients well.

IN THE EVENING we usually eat a large salad, consisting of lettuce, cabbage, radishes, tomatoes, fresh sprouts (alfalfa or mung beans), avocado, etc. On this salad we use the herb dressing, or just oil (sometimes virgin olive oil) and raw vinegar, or lemon juice. Sunflower seeds can be sprinkled over this salad a delicious taste treat!"

"BARLEY FIG DRINK: Soak overnight in one and a half glass of distilled water, or apple juice: 1-2 tablespoons of barley and 3-5 black mission figs. Put this mixture into your blender, add one or two bananas and blend well on high speed. Barley contains many minerals."

It's well worth the \$1.00 from Boie Enterprises, P.O. Box 66235, Los Angeles, California 90006.



"The more you talk about it,
the more you think about it,
the further from it you go;
Stop talking, stop thinking,
and there is nothing you will
not understand."

Seng T'san



" THE JOURNEY OF A THOUSAND
MILES BEGINS WITH ONE STEP."

Lao-Tze

Dear Editor:

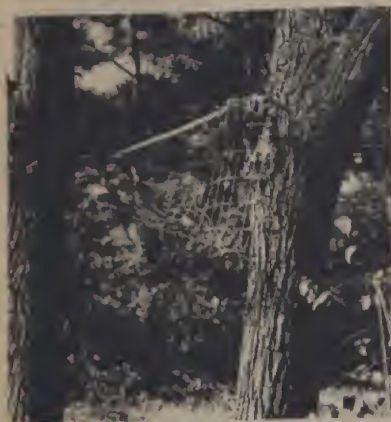
In your last issue you slammed the Saladmaster shredder/clicer because it cost too much (almost \$40). It is a lot of money, but it's a rugged piece of equipment (stainless steel, big cones, wide base) and does an excellent job -- fine for my big family.

Marcia Newman

We've heard from a couple of people that the unit is a good one for large families and small restaurants, and so we're getting a unit to test ourselves in the NLS kitchen. We'll let you know how we like it, next issue. Ed.



The author on the Moon? No, here he is on top of Mt. Whitney, elevation 14,496 ft. He did the whole 26 mile round trip to the top in one day, and arrived back in Los Angeles on the same day... just in time for a 2 mile run on the beach and a nice swim in the ocean! What did the author eat on this particular day? Well, he travelled "light" and had 3 Oranges, 1 Avocado, and a handful of dates for "strength."



THE LAYMAN'S GUIDE TO A PERSONAL, NATURAL, TRANSCENDENTAL ART ACTIVITY

QUOTES

Obviously it is no longer important who is or is not a good artist; the only sensible question is - as is already grasped by some young people - why isn't everybody an artist.

Jack Burnam

Art is not the most precious manifestation of life. Art has not the celestial and universal value that people like to contribute to it. Life is far more interesting. Dada knows the correct measure that should be given to art: with subtle, perfidious methods, Dada introduces it into daily life. And vice versa.

Tristan Tzara

This innocent, natural, simple process of perception and experience from the outer gross, to the inner subtle and on to the transcendent, and from there returning outwards to the gross comprises the path of action for enlightenment.

Maharishi Mahesh Yogi

A Russian scientist, A. L. Chizhechsk, scanning a voluminous accumulation of data, states that some microorganisms can indicate solar flares 4 to 5 days before they are visible on the surface of the sun. These minute organisms contain substances capable of detecting on a molecular or atomic level nuclear processes taking place in the sun's interior.

Carl Payne Tobey

When you make the two one and when you make the inner as the outer and the outer as the inner and the above as the below then you shall enter the Kingdom. I am the Light that is above them All, I am the All, the All came forth from Me and the All attained to Me. Cleave a piece of wood I am there. Lift up the stone and you will find me there.

question: For the finished film did you edit or add anything?
Les Levine: This is an enormous difficulty that people have. . . . They do not understand that reality in itself is the strongest element that anyone can use.

Both the intensification of sensory experience and the expansion of time are part of an increased attentiveness to immediate experience in contrast to memories of the past or plans for the future.

anonymous psychologist

The philosophy of intuition takes time at its full value. It permits no ossification, as it were, of each moment. It takes hold of each moment as it is born. . . . Each moment is absolute, alive, and significant.

D. T. Suzuki

Hold Infinity in the Palm of your hand
And Eternity in an hour.

William Blake



INTRODUCTION This is a guide, an indication of the creative process going on in one particular sphere of art activity, so that any individual interested in experiencing the art may know how to go about it. To see it you must do it. Anyone can do it. The activity is structured around cycles which involve physical aspects and mental aspects. Physically, there is the work. Mentally, there is peaceful absorption, quiet attentiveness, and awareness expansion.

ELEMENTS

SITE Close to Nature.

Be alone with surroundings.

A vacant lot, backyard, field forest, etc.

A segment of the planet in the universe of planets of the universe of atomic particles.

MATERIALS Those in site.

Extensions of site itself.

Those the individual brings to site.

Simple materials (sticks, rocks, rods, gravel, string, trees, water, glass, etc.) to engage simple phenomena (gravity, mass, reflection, cohesion, tension, absorption, earth rotation, air movement, etc.).

METHOD Requires no special technique.

Should be comfortable and simple with economy in movement.

Body movements are the same as those used in normal daily activities (lifting, tying, placing, walking, bending, gathering, pouring, pulling, etc.).

DURATION to fit personal need.

Various aspects to be considered are:

How long the art activity is used (a week, ten years).

How often it is used (daily, once a month).

Amount of time spent in each period of activity (an hour, six hours).

Amount of time spent in each cycle of activity (ten min., two hours).

Amount of time spent in each aspect of each cycle (20 sec., 20 min.).

Begin and each aspect will work itself out.

Time should lose itself in the activity.

QUOTES

Meditation can be described as a process of being still. It is characterized by focus of attention and release of tension followed by relaxation receptivity and discovery.

Edgar Cayce

Once a perceptual change is made one does not look at it but uses it to see the world.

Robert Morris

Conscious attempts to increase sense perception will not only bring a richer experience at a mental and physical level but will also help increase psychic sensitivity. Be prepared to see more, hear more, smell more (feel more).

Hugh Lyn Cayce

change, illumination, or growth must be rooted in the immediate, the concrete experience of the individual.

Ben Axi

Sensory translation refers to the experience of non-verbal, simple, concrete perceptual equivalents of psychic action... via the relatively unstructured sensations of light, color, movement, force, sound, smell, or taste... In general it appears that sensory translation may occur when (a) heightened attention is directed to the sensory pathways (b) controlled analytic thought is absent, and (c) the subjects attitude is one of receptivity to stimuli (openness instead of defensiveness or suspicion).

Arthur J. Deikman

... Order and disorder as we now recognize them are surely human inventions... we look for the regular kind of thing exclusively... Yet all the while between and around them lies an infinite anonymous chaos of objects that no one ever thought of together, of relations that never yet attracted our attention.

William James

Art is just a series of natural gestures. For God's sake don't try to be artistic - all wild animals walk the same.

John Marin

I go along with the 5,000 year old philosophy of the Bhagavad Gita which says: 'Action is that product of the qualities inherent in nature. It is only the ignorant man who, misled by personal egotism says: 'I am the doer'

R. Buckminster Fuller

Immensity is within ourselves. It is attached to a sort of expansion of being which life curbs and caution arrests, but which starts again when we are alone. As soon as we become motionless, we are dreaming in a world that is immense. Indeed immensity is the movement of a motionless man.

Gaston Bachelard

Heightened depth perception seems accompanied by a general increase in the overall clarity of perception in all modalities... The usual perception of objects in the environment as things in themselves seems replaced by a perception of objects as being in interaction with their surroundings and with active properties of space around them. The account of the simulator suggests that necessary to the development of these conditions is an interest in and an investment of the self in the objects of the environment, so that the 'Universe grows I'.

Bernard S. Aaronson

... when the conscious mind cherishes the thought of Being it is devoid of the state of Being because the thought of Being is not the state of Being.

Maharishi Mahesh Yogi

Torrance's data suggest that each time the child leaves one cultural setting (the home, the primary grades, elementary school) for another (kindergarten, the intermediate grades, junior high school), more attention is paid to newly encountered problems in adaptation and less attention is devoted to creative activity.

Stanley Krippner

We can see people who biologically are young, but who psychologically are characterized by a lack of inner life which is akin to death.

Robert Linssen

Physiologically our cellular system is in a process of continual birth; psychologically, however most of us cease to be born at a certain point.

Erich Fromm

The crayfish sloughs its rigid shell when more space is needed for growth.

Arthur J. Deikman

CYCLES OF ACTIVITY

NOTE the cycles of activity described below are not so much rules to follow for properly experiencing this art but taken as an indivisible whole they are the activity. Their separation in outline form (and their relation to duration) are only to facilitate the description of the nature of this sphere of art activity: to allow one to grow closer to nature/self, not closer to the art activity. This is done by systematically attuning the mind to a physical/mental interaction between self and nature, then expanding (through the mind) deeper into and beyond the interaction than is sensually evident. The result is an increase within of peace, understanding and enjoyment. Thus the art object or product is the perceptual experience within oneself.

WALK/PEACEFUL ABSORPTION When walking to or in the site one will find his thoughts wandering to concerns not connected to the activity and surroundings at hand. This is natural and will happen repeatedly. When it does one just returns his attention to the activity and surroundings. It may help to suggest to oneself that these surroundings are completely new to the senses, so new and different that one is lost in a peaceful absorption of all that comes into sensory contact.

MAKING/QUIET ATTENTIVENESS While in the walk/absorption state there exists in the mind a foreknowledge of the purpose of the next aspect of the activity: to actively engage/experience the simple attributes, principles and forces of nature.

Thus as one is walking and viewing in the above described manner the intention for engagement reacts (through the cultivated state of heightened awareness brought about by the walk) with a particular aspect of the surroundings and creates a desire to bring about a formation of whatever experience the reaction embodies. To satisfy this desire one uses whatever materials and actions his idea incorporates and brings about the formation. Corresponding to the physical evolution from walking to making there is a qualitative shift in the mental attitude from peaceful absorption in surroundings to quiet attentiveness in the making process. Mentally then one seeks identity-feeling within the materials and forces involved in the making process.

REST/EXPANSION The transition from the walk/absorption state to the making/attentive state is analogous to a wave welling to its peak. From this peak then one lets his attention flow throughout the surroundings (whatever one makes in/with the surroundings is naturally a physical extension of it.) Physically one is at rest either standing or sitting, being still with the formation and the surroundings. While being still in rest and letting the attention flow from the peak or one pointedness of the formation to/through the connected surroundings one finds his perceptual range expanding beyond the sensual range of mental activity to the inner transcendental expansion of the mind. It is in this subtle and delicate transcendental experience that nature/self are transformed in the mind.

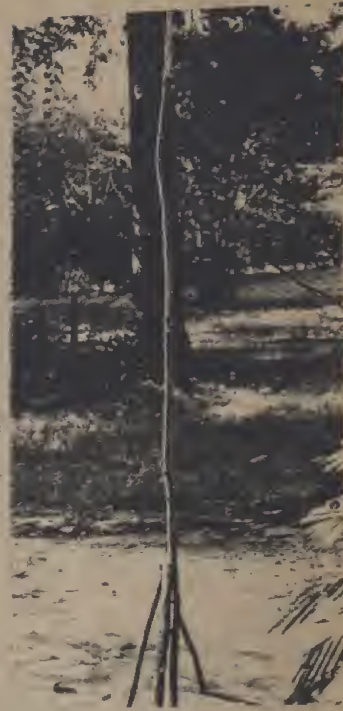
In the mind one may repeat this sensory and transcendental expansion process of one formation until he is full and feels the need either to begin another cycle or to cease the activity for that period. One should detach his mind from the expansion process slowly before continuing or ceasing.

FINAL NOTE Do not despair if at first you feel no awareness brought about by the procedures outlined above. It nevertheless is happening and will make itself known soon. Gradually since children we have grown thick and lifeless hides that insulate us from awareness and the thickness of the hide varies from individual to individual. However, we all are able to periodically penetrate the hide and begin the inner growth that will dissolve it forever. It is through the achieving of sensory awareness and transcendental knowledge by infusing art and meditation principals into daily experience that "normal" life may be experienced (taking for granted that the third principle for balanced living, the rational or intellectual one, is already well ingrained in the Western Mind.)

The quotes in this pamphlet could be easily substituted with similar ones from other people about the identical subject matter. These just happened to be the ones this author had at hand or in memory and necessarily reflect his limitations of sources and preferences.

The authors of these quotes do not necessarily support, agree or even know about this pamphlet and its use and interpretation of their utterances.

direct any
response to
Randy Pide
1686 Lawrence
Memphis, Tn.
38112



OUR KIDS

We wrote Phyllis, sponsored by Natural Life Styles through Save The Children, and asked her about the Indian words for "wind" and "wild foods." This is her answer:

Wanblee, So. Dak.
June 25, 1971

Dear Bob & Isabelle,

Received your letter a week ago. I'm glad to hear from both of you. My family and I all moved from Wanblee to east of Wanblee about 2 1/2 miles.

We sure enjoy living out in the country.

Our house we just bought is still sitting on planks till the foundation is fixed but we still live in it.

Since school is out we are doing much if nothing.

What is the kids mostly, my sister and I babysit our twins who are 2 1/2 months old. The wild food we eat is wild turnip and buffalo berries, wild cherries. The Indian name for wind is hard to pronounce I'll try to spell it, catal.

I don't speak Indian but my folks do. My father says he had to speak English in school; we would have a hard time if we spoke Indian in school. But three of us kids understand Sioux. We go around digging wild turnips. When our grandparents were alive they used to peel back the bark and braid the stems together and dried.

In winter it made a good soup with anything. Wild cherries were pounded in 2 rocks and dried into patties; when dried, they made a good dessert. But, nowadays everything is put in jars and canned. There are more Indian words for wind, wind clouds, windy clouds, there's a lot more but I don't know.

My grandparents don't speak English at all, and had a hard time communicating with white people. That's why my dad said we had to speak English and finish school.

I'll write more next time,

Your friend,

Phyllis



Seven years ago, hardly anyone in America had ever heard of cross-country skiing (or Nordic skiing or ski touring) except a few Scandinavian types who had brought memories over with them. No book on the sport had ever been written. No American manufacturer bothered making equipment, and virtually none was being imported. No commercial trails existed.

Today's picture is changed. Ski imports zoomed from near zero to 20,000 pairs in 1968 to 65,000 last year to an estimated 100,000 in 1971. Scores of distributors now specialize in cross-country equipment. And at last two good books are now out; The Complete Cross-Country Skiing and Ski Touring, by Wm. J. Lederer and Joe P. Wilson (W.W. Norton Co.); and The Cross-Country Ski Book, by John Caldwell (Stephen Greene Press).

The following article, adapted in part from one appearing in The N.Y. State Conservationist, presents little-known background information, equipment data, and how-to hints:



crosscountry skiing

by Almy D. Coggeshall
(Adirondack Mountain Club)

On a late November day in 1962, one Rudolf Mattesich was sitting in his Madison Avenue office in New York. The snow season was approaching, his desk was clear, and he thought of the good old days when winter was uncomplicated. In his native Austria, people skied over farms and fields, through the forests and on the high mountains. No ski tows, no lifts, no crowds, no waiting, no noise, just the satisfaction of getting out in winter and feeling the skis gliding easily under the feet.

"Americans should learn more of this," he mused. Impulsively he reached for the phone and dialed a friend, an editor of a ski magazine, quickly explaining his idea.

"Why not?" came the reply. But wouldn't the ski areas object? "The way I see it," said the editor, "They are more likely to be on the lookout for something new. To build interest in ski touring is a fine idea, Rudi. Let me know if I can help."

From this simple beginning has come a new era in American outdoor recreation. Starting from ground zero, and encouraged by the non-profit Ski Touring Council, interest has grown until enthusiasts now number more than 100,000, and the sport doubles itself every second year. It happened because ski touring is one of the most appealing, one of the most versatile and one of the least expensive winter recreations yet to be discovered. And the pleasant contagion has been passed along largely by word of mouth.

The Nordic Tradition

Nordic skiing is that form of over-snow travel traditional to the Scandinavians. Actually, it has two sub-divisions -- recreational cross-country skiing called ski touring, and competitive long-distance racing known as langrenn. [Editor's note: In our experience, the broad, generic term has become "cross-country."] For the Scandinavians, it is the equivalent of a winter bicycle; people move over the snow faster and with less effort than they might walk the same distance in summer.

While specialized movements and skills are needed, they grow on one so easily that in Scandinavia, no schools of instruction existed, and no written literature was prepared. This served to lock the sport to its point of origin, for without literature and instructors, the sport could not spread.

By contrast, Alpine or "downhill" skiing, invented in Switzerland and Austria about 1925, spread all over the world in the '30's by the energies of its discoverers. They wrote books, founded ski schools and enthusiastically promoted it.

Some observers say that ski touring last winter was in a comparable position to that of snowmobiling in 1964. Starting in 1958, when Jacques Bombardier sold 269 machines, snowmobiling gained a five-year head start over ski touring. 1964 was the time when people became aware that mechanized snow sports existed, dealerships were being sought, and with the impetus of commercial promotions, the activity took off.

Commercial downhill or Alpine skiing areas today are terribly crowded and expensive. Any many who were once enthusiasts are looking for something new.

Maybe you want to make long winter journeys that penetrate to interior spots seldom seen in winter. Perhaps the aim is just to get out in winter, even if it is only in a nearby wood lot or on a golf course. Skiing on a good snow surface requires little more effort than skating. It's a real experience to be out in the forest, when the softly falling flakes muffle all sound, the action of the skis is like soft-stroking velvet and you slip between the trees with almost no effort in ghostly silence.

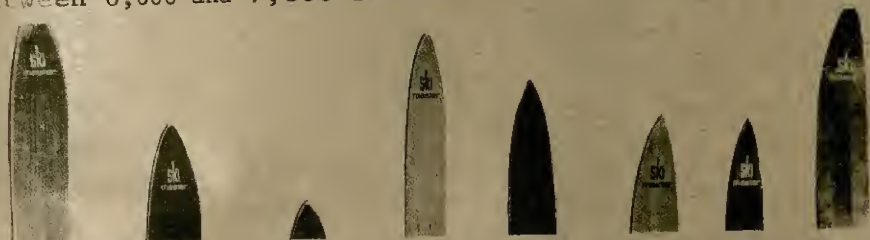
Heavy, Alpine, downhill-only skis with their step-in bindings and stiff boots are not suitable for the free-swinging stride of ski touring. Instead one needs boots with a flexible sole and a binding that holds the boot only at the toe, so the heel can rise high.

One popular construction is made so that the heel cable is hooked on the toe plates so it is parallel to and even with the sole of the boot. The tension in the cable merely shoves the boot firmly into the toe irons, but doesn't restrict the heel.

Once one has obtained a boot-binding combination with the necessary flexibility, everything else is refinement. While imported touring skis are lighter and more lively underfoot, one can do very well and save money by shopping around for a used pair of light wooden slalom skis.

Imported Nordic skis are subdivided into touring skis and racing skis. Racing skis are extremely narrow, and are intended for competition over a course 10 to 30 miles in length.

The feats accomplished by Swedish racers are fantastic. The really good ones will go 30 miles in a little over 3 hours over one course that includes 4,000 feet of climbing. The most famous of all is a 53-mile race that attracts between 6,000 and 7,000 skiers.



However fast they may be on a prepared track, racing skis are very tricky to handle, and are only for people who know what they are doing. Touring skis are a more general purpose item, made to be used uphill, downhill and on the flat, and are typically from 2 7/8" wide to slightly over 3 inches at the widest point. They have a very high camber to give them a bouncy or springy feel underfoot and are from three to four pounds a pair lighter than their Alpine counterparts.

Cross-country ski poles tend to be long, reaching from the floor to the armpit at least. This is needed to get a good rearward shove to increase glide length.

One of the nicest things about ski touring equipment is that it is inexpensive. For example, the Victor Sports Division of Silva, Inc. (LaPorte, Ind. 46350) sells touring skis from about \$15, bindings from \$6.25, boots from \$18. A comparable package of downhill equipment would cost three times as much.

Most persons think you use wax to go fast. But to the cross-country skier, wax is an aid to climbing hills without sacrificing glide. One of the real pleasures in ski touring is to go straight up a steep hill without herringbone or sidestep and then feel the speed pick up as you stride off down a grade.

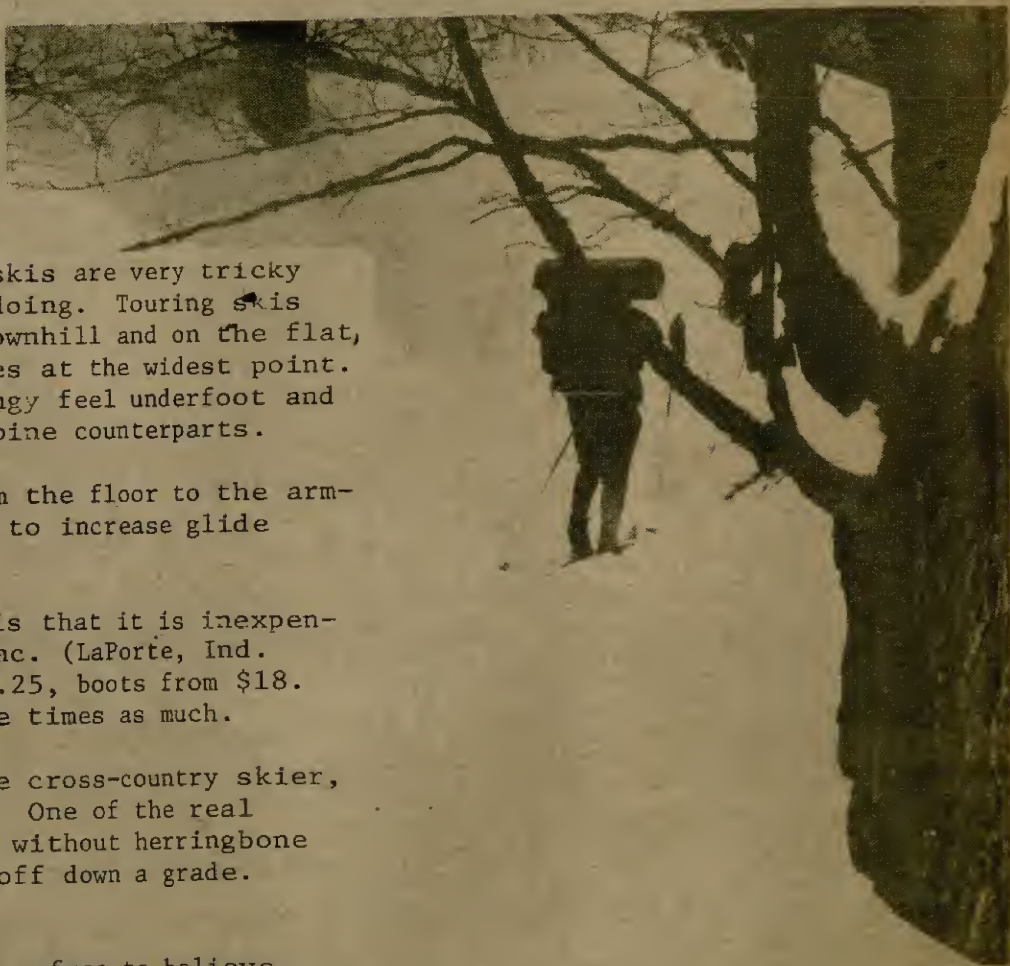
When people first hear of the one-way wax, they often refuse to believe that such a substance exists. Actually, it has been known since earliest times that if ski wax could be made with just the right amount of stickiness or tackiness, one could achieve the dual properties of climbing and sliding.

In the early 1940's the president of the big Swedish pharmaceutical house of Astra, himself an ardent skier, got fed up with the messy nature of the only preparations then known. By making good use of recent developments in synthetic resins and plastic, his research team developed a virtually colorless material that would aid a skier climbing steeper hills and gave him a better glide on the level than anything previously known. The over-all project was so successful Astra formed a subsidiary to manufacture ski wax, and named the product Swix.

Unfortunately, Astra was unable to make one blend that would satisfy all snow conditions. A kit of several waxes still is unavoidable.

As a practical matter, one can get away with just one hard wax (Swix Blue) for powder snow, and one klister (Red Klister) for wet or granular snow, if he is willing to accept occasional waxing problems.

The wax kit should also include a scraper to remove wax, a cork to polish it, and a can of lighter fluid as an aid to cleaning.



Gentle Ladies and Sirs,

We make a few catnip mice each year from our several large stands of wild catnip, and we will be willing to part with a few of these few. Should you have room to print our message, please use the following paragraph:

Catnip mice from wild catnip. We make only a few a year, but we use only catnip, with flowers, stems, leaves. Mice are 1 1/2" - 3"; cloth, thread, etc. washed with Ivory and sun dried, so your cat can indulge. Also, August-December fresh dried mint and sage. Write Michael and Alyssa Spears, Bonfield, Ill. 60913.

Thank you most kindly.

Michael and Alyssa Spears
Bonfield, Ill. 60913

THE FOLLOWING DEALERS IN CROSS-COUNTRY EQUIPMENT OFFER MAIL-ORDER CATALOGS:

Alpine Recreation
PO Box 54
Mt. Vernon, N.Y. 10552

Silva, Inc.
PO Box 547
LaPorte, Indiana 46350

Eastern Mountain Sports
1041 Commonwealth Ave.
Boston, Mass. 02215

Bass Sport Co.
Milton, Maine 04294

Dick Sonne Sky Center
Commercial Drive
New Hartford, N.Y. 13413

Trail's End
Box 9099
Ft. Wayne, Ind.

Anderson and Thompson
1725 Westlake Ave N.
Seattle, Wash. 98109

Jan Sport
17010 Aurora
N. Seattle, Wash. 98113

Ski Hut
1615 University
Berkeley, Calif. 94703

Guided Trips: Wilderness Alliance
3306 W. Tanforan Dr.
Englewood, Colorado

DMSO

The following editorial (with which Natural Life Styles agrees) was presented over KPOK, Portland, Oregon: DMSO is a liquid derived from trees. Its medicinal possibilities were discovered in the early 1960's at the University of Oregon Medical School. Tests showed DMSO to be beneficial in the treatment of arthritis, bursitis, strains, bruises, and some other ailments. In 1965 the Food and Drug Administration halted all clinical testing in the United States. Limited testing was resumed in 1966.

DMSO is still not a prescription drug in this country, although it is in many parts of the world. Senator Mark Hatfield and Representatives Edith Green and Wendell Wyatt have all drafted legislation which would give the National Academy of Sciences the power to determine when DMSO is ready to be available by prescription. It is now in their hands. We are concerned with an early determination

DMSO has become one of the most thoroughly evaluated experimental drugs in medical history, but more than a decade after discovery it is still not available to the American public. A decision on its future is long overdue.

Clothing

A cross-country skier makes greatly extended body movements, so one requirement is clothing that doesn't hamper body movement, as do stretch pants. Good poling style means that the arms and upper torso are much more active than in normal walking, so that the over-all circulation is stimulated. Consequently, ski touring requires relatively few clothes.

While light clothing is fine while one is active, the need for increased warmth is greater when he stops. The problem is to avoid sweating, because the dampening of clothes robs them of their insulating value.

Normally, the lightest of winter underwear, combined with medium-weight wool pants, a wool shirt, and perhaps a light windbreaker is sufficient. On an extended tour, a small knapsack is a must to stow the jackets and sweaters removed as the skier warms to his work.

The familiar nylon jacket with quilted polyester filling is the most popular cold weather outerwear, but down, while more expensive, gives the most warmth for the least bulk.



Another innovation is "warm-up pants" -- nylon shell polyester quilted pants with full length separating zippers so they can be put on or taken off even while on skis.

Fitting Boots

It is customary to fit downhill ski boots snugly in order to maintain the best control, but for touring, a loose fit over two pairs of warm socks, plus a thin set of innersoles, is a must.

The warmth of a shoe in winter depends almost as much on fit as on the number of socks worn, so it is particularly important not to add more socks than the boot will comfortably hold, and, in so doing, pinch off circulation.

Look for Small Hills

One distinguishing feature of ski touring is that it usually avoids steep hills and is at its best on a route with easy ups and downs, where all hills can be climbed with wax and the downhill runs taken wide open. Since the basic movements are as simple as walking, people can rapidly learn techniques for gentler routes. Over a time, one acquires the balance and poise to take more difficult country while having fun in a learning-by-doing process.

While one may start out by walking the skis, a close look at a good skier will show that his movements are more like quick pulses with a glide between each one. As the person loosens up, the stride lengthens, so that during each glide the weight is all on the forward ski and the rear foot trails far behind. From this position, think in terms of zinging the rear ski as far forward as possible, and then coasting on it, if you want to improve your style in one easy lesson.

The national sport of Norway, Sweden and Finland finally is being discovered in the U.S. It's bound to have wide appeal to those who already have acquired an outdoor orientation, and there's every reason to expect it soon to take its place with the other traditional forms of forest recreation.

The **GOLDEN BOOK of CAMPING**, by William Hillcourt. Golden Press, \$3.95, 104 pages. Index. Heavily illustrated.

...a book review by Willy Wilson (age 11).

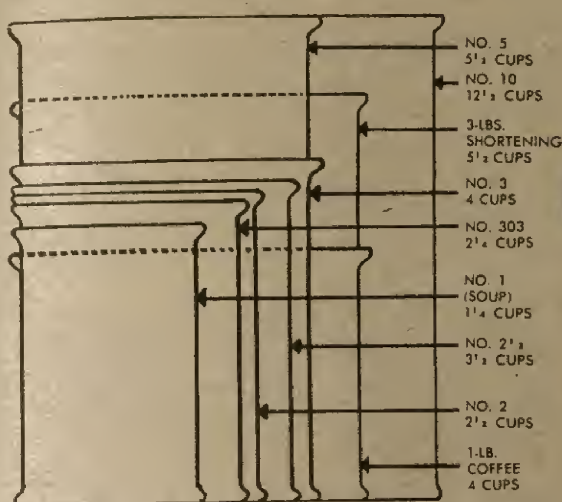
This book is about camping, hiking, and crafts. It's for the guy who's just learning, is just beginning to find out about the woods. It seems to be written for someone between the age of nine and fifteen; twelve is about right, or whenever his parents first let him go out and camp.

This book made me feel really great; like I wanted to go camping...like I am going camping. In fact, I read it when I had the flu and it made me feel that I actually was in the woods in my sleeping bag and tent with the snow falling around.

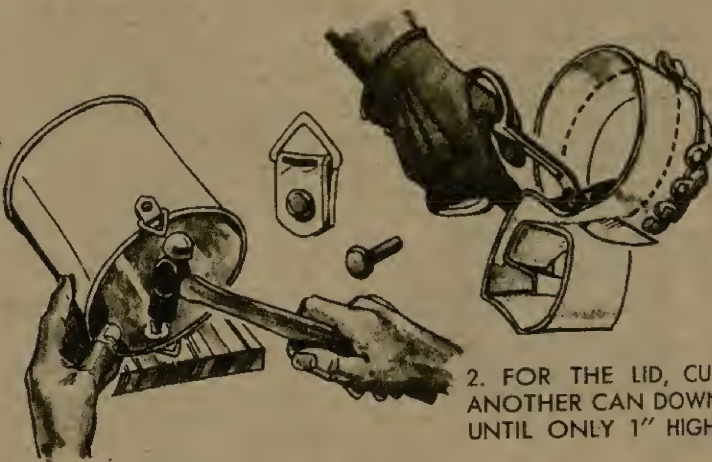
They did a good job on cooking: how to clean a fish and what things to bring along. They said that you should hang food up instead of leaving it around, so the ants can't get to it...and that really surprised me. And they told how to make other meals with whatever is left over.

One thing they didn't talk about was mountain-climbing, and I wish they did. Another thing they didn't do was talk enough about winter camping. I liked the survival part, but that wasn't long enough either.

It's a great book for the second-time camper, a book that will show him what he should have done the first time out.

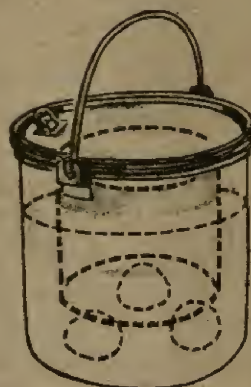


YOU CAN MAKE A SET OF NESTING POTS FROM TIN CANS. USE THEM FOR COOKING FOR 2 TO 6 PEOPLE.



1. TO MAKE POT, FASTEN TWO WIRE TRIANGLES AT TOP EDGE WITH TIN STRIPS AND SPLIT COPPER RIVETS.

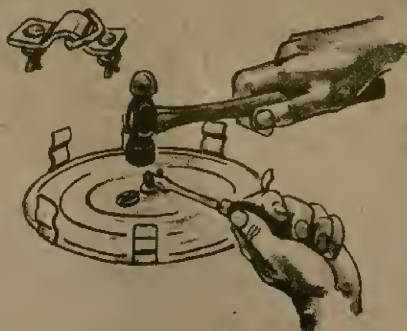
2. FOR THE LID, CUT ANOTHER CAN DOWN UNTIL ONLY 1" HIGH.



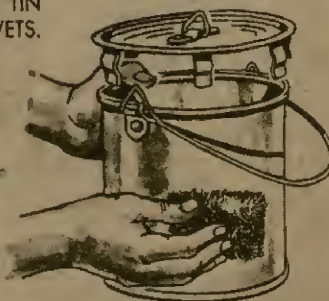
SMALL POT PLACED ON THREE STONES INSIDE A LARGER POT MAKES A GOOD DOUBLE-BOILER.



3. WITH TIN SNIPS, MAKE CUTS 3/4" APART. CUT OFF ALL TONGUES BUT SIX. BEND THESE TO FIT INSIDE THE POT.



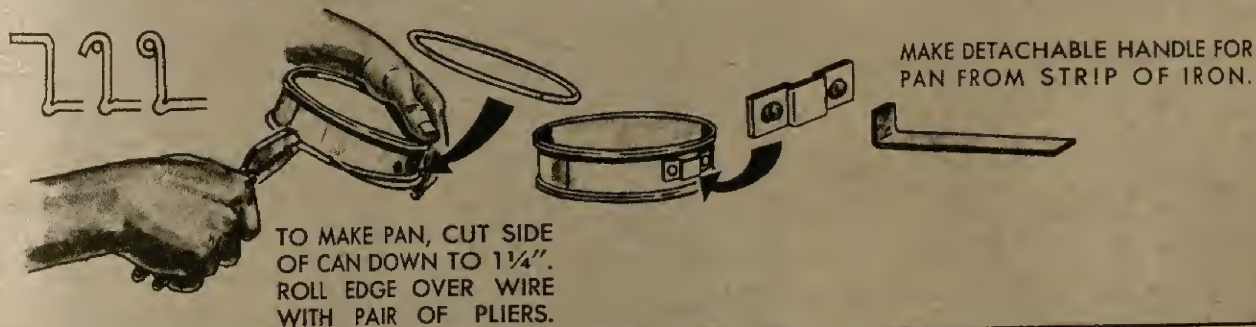
4. HANDLE IS WIRE RING FASTENED BY TIN STRIP AND TWO RIVETS.



5. PROVIDE POT WITH WIRE BAIL. USE STEEL WOOL FOR POLISHING.

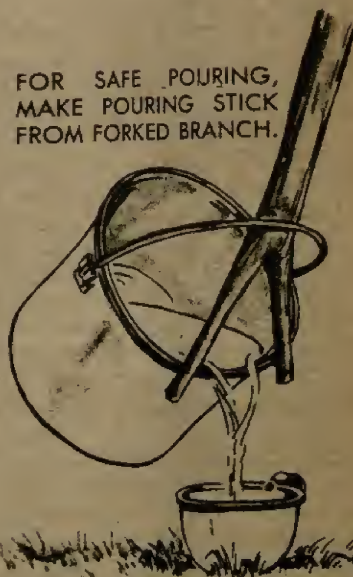


EGG BEATER IS WHITTLED FROM BRANCH. TWIRL IT BETWEEN HANDS.



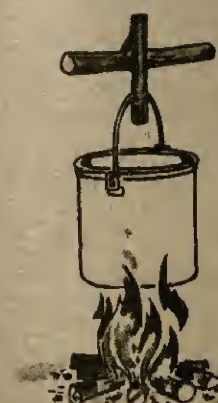
TO MAKE PAN, CUT SIDE OF CAN DOWN TO 1 1/4". ROLL EDGE OVER WIRE WITH PAIR OF PLIERS.

MAKE DETACHABLE HANDLE FOR PAN FROM STRIP OF IRON.

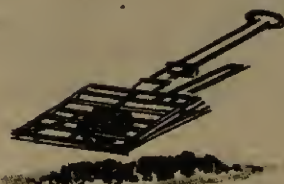


FOR SAFE POURING, MAKE POURING STICK FROM FORKED BRANCH.

DIFFERENT TYPES OF FIRE TO USE



FLAMES ARE OK FOR BOILING.



YOU NEED COALS FOR BROILING.



TEMPERATURES

HOLD PALM AT PLACE WHERE FOOD WILL GO. COUNT "ONE-AND-ONE," "TWO-AND-TWO," ETC. SLOW FIRE IS 6 TO 8; MEDIUM, 4 TO 5; HOT, 2 TO 3; VERY HOT, 1.

SLOW: 250°-325° HOT: 400°-500°
MEDIUM: 325°-400° VERY HOT: OVER 500°

camping

Will Freeman

If you have decided to get back to where it's not happening, just put a few essentials in a pack and take a walk. About packs: the perfect one has yet to be designed, and you may be confused by the variety offered for sale. Generally, they can be divided into three categories, each serving a particular need.

1. The frameless pack or knapsack can accommodate the essentials for day hiking (sweater, trail lunch, etc.). The average capacity is under 15 lbs. While it's small and lightweight, you may not like the discomfort of having it rest directly on your back. Knobby objects can make you feel like the princess and the pea and the pack can be very hot on your back.

2. The frame pack, more commonly known as a rucksack, can be used as a day pack when packed lightly or extended to overnight trips when filled to capacity. It's suspended on a frame that lifts the pack off your back for coolness and provides better suspension. Most rucksacks have a load capacity of 25 to 30 lbs. but since you carry the weight entirely on the shoulder muscles, you may find this weight tiring on a long hike.



3. The contoured aluminum pack frame solves the weight distribution problems of other suspension systems. Since the weaker shoulder and back muscles tire easily under stress, some way had to be devised to transfer the pack weight onto the stronger muscles of the lower trunk and legs. A long contoured frame with waist strap attached accomplishes it by placing the weight high and forward and the center of gravity more in line with your hips, where you can most comfortably handle it. This also permits you to walk in a more upright position rather than bent forward in order to compensate for the backward pull of a conventional pack. The load limit is pretty much determined by the strength of your legs; however, a good rule of thumb is to pack no more than 1/3 your body weight.

A variety of styles and sizes are available and you must avail yourself of a good salesman for his advice on the right pack for you. I'll mention some features to look for on any pack you buy. First, get coated rip stop nylon in preference to plain old cotton duck. The nylon is lighter, stronger and weather-proofed. Leather bottoms and straps are better than plastic, which tends to crack and fall apart. Nylon webbing is better than cotton for straps and back bands. Try to get rust resistant hardware. Nylon zippers are not only lighter but give better service, especially in cold weather. All zippers should be covered by a flap to keep them dry. Check for double seams with nylon thread and general good workmanship. The manner in which the shoulder straps are attached to the bag is important.

Some manufacturers use D ring suspension—that is, the straps are attached to a metal D ring which is then attached to the pack. This allows the strap to settle onto your shoulder more comfortably. Other makes have pin attachments which are also superior to simply sewing the strap to the pack and letting it fall where it may. Padded straps are better than just webbing; you'll appreciate the comfort. Several outside pockets are very helpful in sorting out equipment and keeping items handy while on the trail. Also look for accessory strap patches which permit you to attach gear to the outside of your pack. Some packs have interior baffling systems that tend to restrict the loading of bulky items but serve to keep a slim pack profile and insure efficient weight distribution.



Several methods are used to attach pack bags to the contoured metal frame. By far the best is clevis pins and retaining wires. Cheaper packs are attached by cloth sleeves hung over the frame, but they tend to wear out and then where are you!

Finally, the waist strap should be made of nylon, preferably padded and wide enough so that it doesn't cut into you under a heavy load. Check the buckle to see if it stays in place, and can be released or tightened easily when the pack is on your back. A variety of colors are available and I personally prefer the bright ones as an aid in rescue, should you be lost or disabled.

The frame itself will probably be made of aluminum although some manufacturers are now introducing stronger and lighter magnesium. Make sure the welding is clean and that the frame appears generally sturdy. Check the size and finishing details. The nylon back bands should be well attached and tight, and attachment of shoulder straps and waist band should be adjustable. Try on several models before you buy.

Here are some suppliers of high quality packs and pack frames: Kelty Pack Inc, PO Box 3645, 1807 Victory Blvd, Glendale, Calif. 91201; Mountain Master Back Packs, 1947 W. Dayton Ave, Fresno, Calif. 93705; Universal Field Equipment Co, PO Box 984, Riverside, Calif. 92502; Alpine Recreation Inc, PO Box 1081, Boulder, Colo. 80302; Ski Hut, 1615 University Ave, Berkeley, Calif. 94703; Colorado Outdoor Sports, PO Box 5544, Denver, Colo. 80217; Himalayan Industries, 807 Cannery Row, PO 950, Monterey, Calif. 93940; Camp Trails, 3920 W. Clarendon Ave, Phoenix, Ariz. 85019.

*reprinted with permission from RACS



still a meateater?

Consider. It takes 9 times as much land to produce beef protein as it does to produce vegetable protein (soybeans).

And the cost of beef for each 100 grams of protein is 90¢ compared with 25¢ for 100 grams of protein from soybeans.

In a crowded world where 2/3 of the people are hungry, can we still afford the luxury of eating the fatted calf?

The oppressor is also oppressing himself.

Cattle, pigs, lambs, and chickens aren't raised the way they once were. Hormone and antibiotic injections keep the meat factories humming. But hormones have caused cancer in laboratory animals. And regular consumption of the antibiotics in meat may immunize the BODY against their useful therapeutic effects.

The soybean is nature's best source of protein. (1) All the essential amino acids are present. (2) It doesn't have all the saturated fat, cholesterol, hormones, and antibiotics present in animal protein. (3) It's cheap.

Fearn Soya Foods has been into natural foods for more than thirty years. We buy certified organically grown soybeans from farmers in Illinois and Iowa. We have naturally processed (by the expeller process) soya powders and soya granules. No chemical solvents or synthetic additives are used. Look for Fearn Soya Foods in your health food store or write directly to us.

Free recipes for soya powder, soya granules, soybeans, sprouts, and liquid lecithin are available. Send stamped, self-addressed envelope to:

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Three-Speed, the three-legged Pine Bush school mascot, races Vincent Bubolo, his master's son.

...The Times Herald Record, Middletown N.Y.

Natural Drugs For Your Pet

by ANDRE ROSS D.V.M., High Falls, N.Y.

Since early times man has chosen his and his animals' remedies from the environment and until fairly recently, when scientists began synthesizing drugs, these came from two sources--plant and minerals. As early as 2250 B.C., according to Babylonian records, there was trade in drugs between that country and Egypt. Aloes, henbane, turpentine, peppermint, castor oil, licorice and squill were among the hundreds of drugs traded. They were wrought into much the same form and, with the exception of by injection, administered in the same manner as they are today. And the uses of many of these is as valid today as they were over 4000 years ago. If one is to believe that there is an order to the universe, it makes sense that the answer to physical problems of living things should be found in their surroundings.

Since most of these natural drugs can be poisonous in improper dosage, I am not recommending that you do your own doctoring with them. I am only saying I find it interesting and comforting to know that we haven't strayed completely from nature in this respect.

Let's start with remedies for getting rid of parasites. Some of the big chemical companies have conjured up all purpose wormers, but I prefer to worm animals specifically. To me it seems safer to put only the needed drug into an animal's system than a combination of drugs or a single chemical strong enough to kill all varieties of worms. *Areca catechu*, an East Indian palm tree yields a dried ripe seed called areca nut which when combined with a mild laxative forms a safe and effective remedy for ridding pets of tape and round worms. The seeds of the common pumpkin also act on tapeworms, while a bit of garlic in your pet's food will control roundworms.

On checking my favorite flea spray I was pleased to find that the main insecticide was not DDT or some other ecologically damaging chemical, but pyrethrum, the powdered flowers of *Chrysanthemum cinerariaefolium*. Flea powder and ear mite oil combine pyrethrum with rotenone, the chief active principle of Derris root.

Many dogs with heart problems are kept functional and comfortable through daily doses of digitalis, derived from the leaves of an ornamental flower called fox glove, in combination with *Strophanthus*, from the seeds of an African shrub. Squill, prepared from the inner scale of a certain plant bulb has an action similar to that of digitalis.

Two gummy substances from trees or shrubs Acacia and Tragacanth, are still widely used in cough syrups and intestinal sedatives because of their demulcent action, i.e., they soothe and protect mucous membranes.

Camphor, from wood and turpentine, from certain pine trees are common ingredients of liniments cough remedies and carminatives.

There are many natural laxatives. Aloe, the dried juice of the leaves of the *Aloe vera* plant is an important horse laxative. Castor oil, extracted from the seeds of a ornamental castor plant, is probably familiar to everyone as a human laxative, but it is equally ef-

fective on animals. Other plants with laxative properties are, rhubarb, califomia buckthorn (*Cascara sagrada*), and blue flag iris.

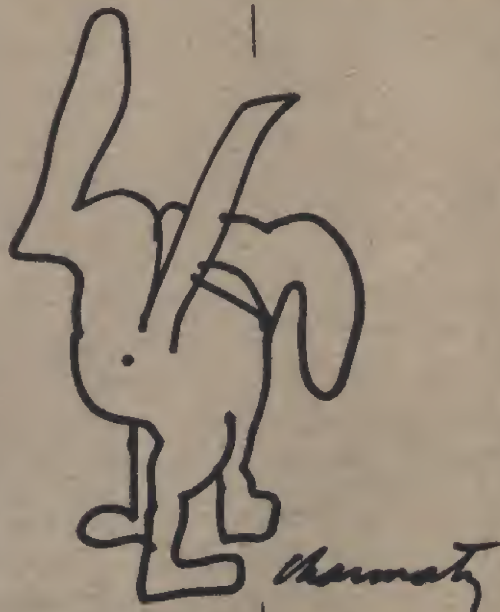
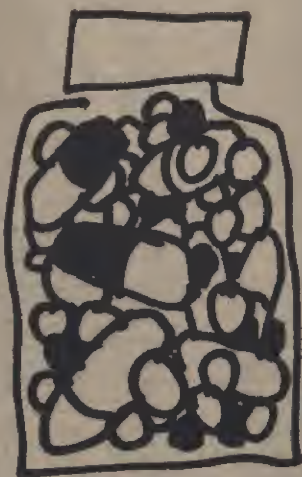
Physostigma, the ripe seed of the calabar bean and pilocarpine, from the leaflets of a Brazilian shrub are important in the treatment of glaucoma as they cause contraction of the pupil and the lowering of intra-ocular tension. Belladonna has the opposite effect and owes its name to its ability to dilate the pupil. Women once used it to add luster to their eyes, hence belladonna-beautiful woman.

Besides its value in ophthalmology, belladonna or kripine is a popular respiratory and circulatory stimulant. It is also used in urinary and intestinal problems because of its ability to relax smooth muscle. This powerful and useful drug is derived from a common garden plant, deadly nightshade. *Hyoscyamus* or henbane has an action similar to that of atropine.

Opium, that infamous derivative of the poppy plant, along with its alkaloids such as morphine, codeine and heroin, when carefully controlled, still has an important place in the relief of pain.

your pet

Strychnine or *Nux Vomica*, also known as dog button, quaker button or poison nut is obtained from the ripe seeds of a small tree of the East Indies. In small doses it improves digestion and increases the appetite because of its ability to act as a nerve stimulant. Indirectly too it has benefited the health of man and livestock in acting as a rat poison.



Tminophylline, derived from the leaves of *Theobroma cacao* and caffeine from the coffee plant are valuable diuretics. Caffeine is also a respiratory, circulatory and nervous stimulant. Pectins, made from fruit and tannins, from nutgalls are ingredients in many diarrhea remedies.

Many natural dyes have medicinal properties, gentian violet, for example is an antiseptic. They also are used in diagnostic laboratories as bacterial stains.

New uses are still being found for plants. During the last few decades a whole new branch of therapeutics has opened up. I am referring to the treatment of infection with drugs called antibiotics. They are extracted from microscopic plants such as molds and bacteria and bear familiar names such as penicillin, streptomycin and chloromycetin.

Bibliography:
The American Illustrated Medical Dictionary - Borland W.B. Saunders Co.
The Merck Manual- Merck and Co.
Practical Veterinary Pharmacology, Materia Medica and Therapeutics
Howard Jay Milks, DVM
Alexander Eger, Publisher 1940



ECOLOGY NOTE: Recycle your envelopes. Paste a pretty picture over address side on large envelopes and address the other side. Smaller ones can be clipped together and used as note pads, telephone pads or drawing paper for kids.

Frozen herbs are almost as satisfactory as fresh ones for flavor and color. Preparing herbs for freezing can be done easily by cutting up more than is needed for a mid-summer meal and packing the extra amount in small plastic bags - a few at a time.

THANKSGIVING --- cont'd

BAKED HUBBARD SQUASH
WITH VEGETARIAN STUFFING

Scoop out a large Hubbard squash (at least 5 lb.). Mix chopped squash with 3 onions, chopped; 2 stalks celery, sliced; 1/2 c. walnuts, 1/2 c. raisins (chopped), 1/4 lb. margarine.

Simmer very slowly in (very) little water, add water as necessary; cook 'til mushy (about 2 hours). Cool.

Season with cinnamon, nutmeg, savory, and ground cloves. Stir in 6 beaten eggs and 1 pkg. crushed Zwieback.

Bake in the squash shell 1 hour at 350°. Use foil to control browning.

Breads: Buy dried corn at your health food or feed store, grind it yourself with a hand grinder or a good blender, and make your own corn bread following your favorite recipe or the one below:

GRANDMA'S CORNBREAD

- 1 c. cornmeal
- 1 c. wholewheat flour
- 1 tsp. salt
- 1 tbsp. honey
- 4 tsp. baking powder (health-food store type)
- 1 or two eggs
- 4 tbsp. oil
- 1 c. milk, yogurt, or soy milk

Blend ingredients well, pour into oiled pan, bake at 375° -- done when brown.

OR:

GRAHAM BREAD

- 2 1/2 c. whole wheat flour
- pinch cinnamon
- 1 teasp. each baking powder, soda, salt, powdered orange rind
- 1/4 c. oil
- 1 1/2 c. buttermilk
- 1/2 c. molasses
- 1/2 c. chopped walnuts
- 1/4 c. currants

Stir and pour into a loaf pan, let the mixture stand for twenty minutes, then bake at 375° for 50 minutes until bread pulls away from sides of the pan.

Dessert: Beatrice Trum Hunter has sent us these recipes:

Fruit cakes are traditional during Christmas festivities. Have you ever considered a simple recipe, requiring no baking or flour? This simple cake can be made in advance, and requires little effort:

UNBAKED FRUIT CAKE

- 1/2 lb. each of pitted dates, figs,
- 1 c. sesame seeds
- coconut shred from a coconut
- 1/2 lb. each of almonds and pignolias
- 1/2 c. unsweetened grape juice (about)

Grind all ingredients and mix thoroughly. Press firmly into a loaf pan. Pour a small amount of grape juice over the cake. Refrigerate, and add more grape fruit from time to time, for several weeks. Slice thin. This makes a 5-6 pound loaf.

NUT-FRUIT BALLS

- 1/2 lb. figs
- 1/3 c. seedless raisins
- 1/2 lb. dried apricots.
- 1/4 c. chopped nuts

Grind fruit in meat grinder. Mix with nuts. Roll into balls. Wrap individually in waxed paper.

STEAMED CARROT PUDDING

To 1 cup raw, grated carrots add 1 cup raw grated Irish potatoes, 1/3 cup honey, 1 cup whole wheat flour sifted with 2 teaspoons mixed spices, 1 teaspoon soda and a pinch of salt. Lastly stir in 1/2 cup seeded raisins and currants mixed. Steam steadily about 3 hours. The water in the outside kettle should come nearly to the edge of the cover of the pan. Serve warm or cold with cream or any preferred suace. This is almost equal to plum pudding and it requires neither butter, eggs nor milk.

LIQUID CUSTARD

I've always felt a little sorry for people who drink eggnog at Christmas, but I suppose they do it because they don't know about my mother's Virginia Custard. Mother got the recipe from my grandmother, who got it from her mother, who brought the recipe over the mountains from Virginia into Kentucky.

A few years ago I was living a good distance from my family when Christmas rolled around, so I looked in several cookbooks for a custard that you drink. All I could find were recipes for custards that you eat with a spoon, and I was never able to adapt them to get the same taste as in the family recipe:

- 1 gallon of milk (or a little less), scalded-
- 18 - 20 tbsp sugar
- 12 eggs beaten
- 1 tsp or more of vanilla

Add sugar to beaten eggs and mix well. Combine with the hot milk. If you use small eggs, use less milk. Cook very slowly in a double boiler or over a pan of hot water, stirring with a wooden spoon constantly until the custard thickens. Add vanilla when it cools. Make the custard on December 23, refrigerate it, and drink it on Christmas Eve. You may be tempted to substitute honey for the sugar, but if you do you will spoil the taste. I don't know about my great-grandmother, but my grandmother used sugar in it, and she lived to be almost 80. *

**You could use date sugar or raw sugar if you insist, but actually honey (1/2 the amount of sugar) has a good flavor - Sally*

Or you may meet temptation in another form. It was almost a ritual at our house. My brother-in-law or my husband would slyly slip a little whiskey into his glass of custard, then with a wink pass the bottle on to my father. They would grin at each other as they sipped the custard, agreeing that they had just added a little something to improve the taste. The conspiracy was enacted for the benefit of my mother, who would good-naturedly complain that they had just ruined something that had taken her a half day to prepare.

Peppermint, camomile, sassafras or comfrey tea are all good endings and aid digestion.

Om Shanti

erewhona
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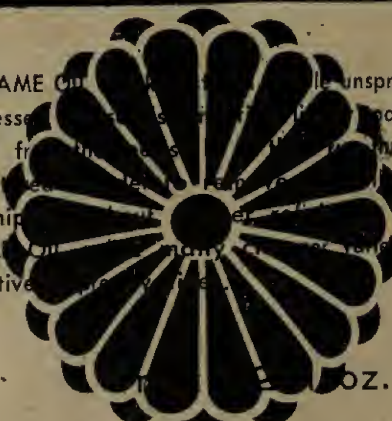
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Pure, natural jams and jelly made with only one quarter cup of raw sugar to a cup of fruit that is grown without any sprays, preservatives or chemicals. A special pectin contains apple pumice and citrus rind. Please keep this jar refrigerated after opening. Made by M. Landon in Ascutney, Vermont 05030.

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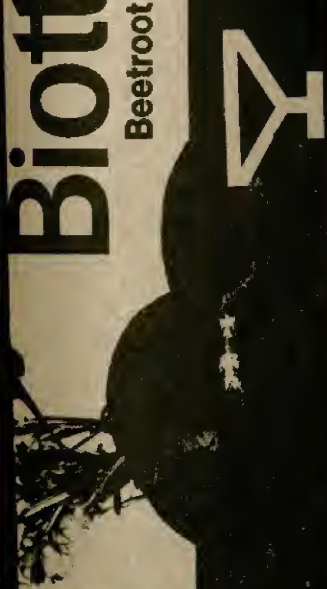
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NET CONTENTS 1/2 GALLON

Use Daily as a Healthful and Refreshing Fruit Juice

— DISTRIBUTED BY —

MERIT FOOD CO., INC.

One of the more arcane aspects of merchandising is product labeling. What does it all mean anyway? Super-market packages are one thing (to be explored in future issues), but health food labels require even more quick-wittedness on your part. Did you know, for example, that standards of identity apply to real as well as plastic foods? Then there are the objectionable (to health food people) but federally allowable substances such as white sugar, which need not to be listed either. And those magic catchwords "natural" and "organic", evocative of health and sunshine, but open to a broad range of interpretation. The crucial factor is not what the labels say but what they leave out. One may state: "made with honey and lemon", but if it doesn't also state "without sugar", you can expect that there will be SOME sugar, perhaps a LOT. You have no way of knowing whether or how much unless it says so on the label. Then there's vegetable oil. In the cold pressing method a chemical solvent is often used to extract it and you may rightfully be suspicious unless your label informs you otherwise.

Vitamin labeling may be tricky too. Sometimes a synthetic vitamin is used in a natural base. Does your label stipulate ALL NATURAL (i.e. 100% rose-hip-acerola or whatever).

For the most part, it is wise to favor labels which give you a complete breakdown of contents. For instance, one jelly manufacturer (see illustration) tells you that sugar was used and in what amounts. At least two companies (Shiloh and Lima) describe the growing process on the label. Erewon (who gets our labeling award this issue) does the same for the process used in extracting cold-pressed oils. Although some very reliable products carry modest labels (Good Shepherd and Chico San, for instance) it is more often true that if a producer is proud of what he's got to sell he will boast about it on the label. "Natural" and "organic", as I mentioned before, can be meaningful or not depending on context. Walnut Acres certifies only those products they have personally investigated (by visiting farm or factory) to be organic. Watch for the stamp on their label.

Read the fine print critically, and if you don't feel a product is worthwhile, bring it to the attention of your health food merchant. Many newcomers to health food storekeeping are still inexperienced and may be grateful for the advice. Then, too, remember that most stores carry only products which their customers demand -- so spread the word!

Some things we would like to see: products dated for shelf life (especially important in the smaller stores with a low turnover) and more information forthcoming from distributors to retailers. Few distributors list ingredients in their catalogues, which means that the storeowner must order more or less blind. In order to get around this, what they might do is get together and issue a catalogue of label reproductions for all products.

Finally...part of this series was written by us. We hope the following will be written by you. Send us your advice, gripes and recommendations.

"Balanced Seasoning. Instant Broth. Instant Gravy."

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A BETTER MOUSETRAP!



Here's a mousetrap that won't garrote your mice. Constructed of a couple of wires, an old tin can, a spring, a wood block, and a hunk of wire screen, it's inexpensive, simply built, and efficient. When the mouse enters the small wire cage to taste a morsel of bacon (more appealing to him than your good organic cheese), he trips a spring and slams the door tight behind him.

To construct, bend a piece of quarter-inch mesh screen, $3\frac{1}{2}$ " x $5\frac{1}{2}$ ", into thirds, making an open-end box. Bend a $\frac{1}{4}$ " lip on each side. Bend the trigger wire as shown, and secure with the little loop toward the center of the box, third wire in.

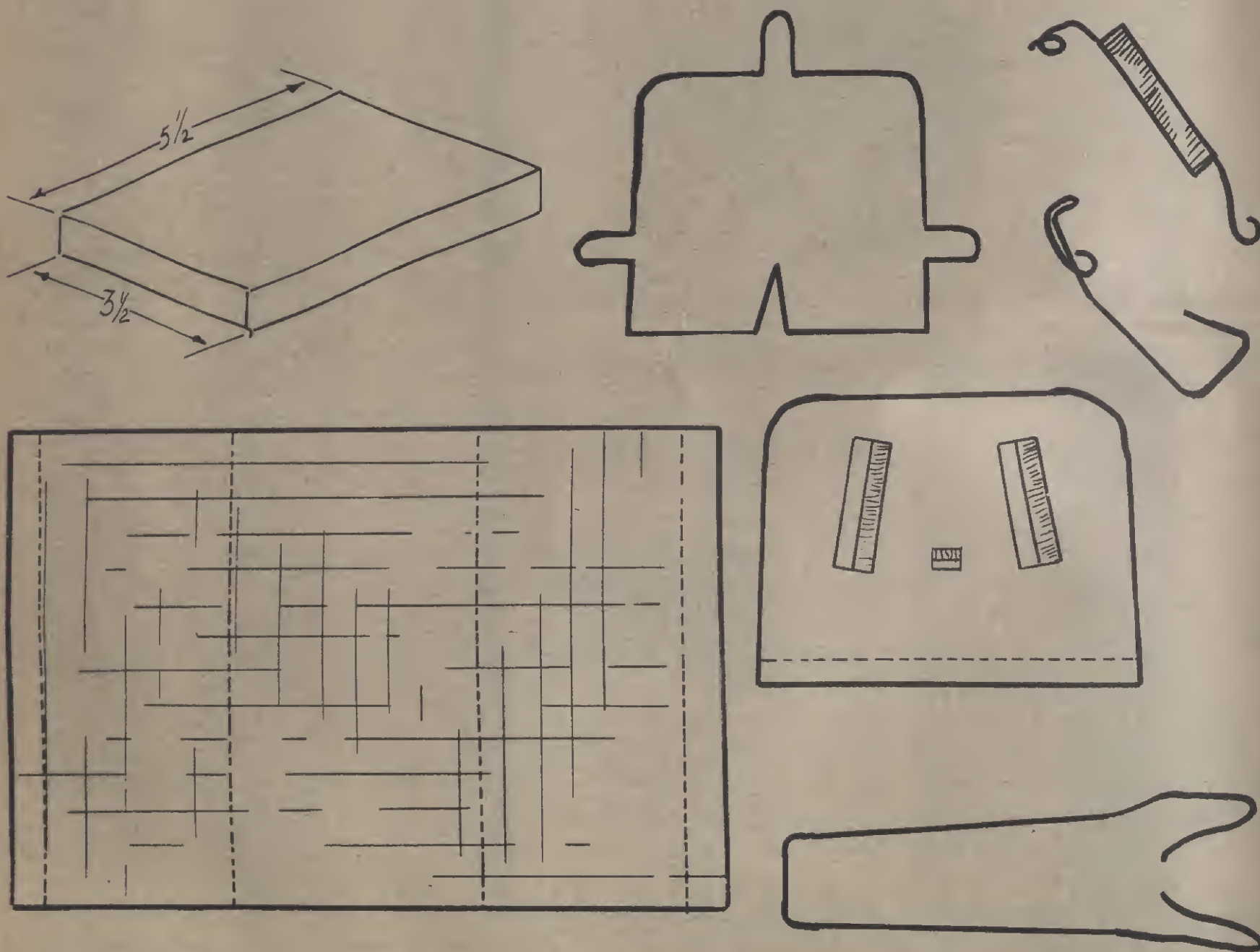
Next, bend the end wires on a spring (a $1\frac{1}{4}$ " section of a screen door spring will do) into hooks. Attach one hook to the box in such a place that when the other end is hooked to the door, it will be slammed shut.

Now cut a door piece from a tin can, following the pattern. Bend a $\frac{1}{4}$ " lip on the bottom. Form the slots as shown, and bend and attach the long piece of wire to the door (after it curves around the front wire on the box), so when it is pulled back to the trigger, the door will open wide. Hook the spring into the small front door slot.

From more sheet tin, cut a piece for the back of the cage, attaching it with little tabs. Staple the completed trap to a piece of $\frac{1}{2}$ " board about $5\frac{1}{2}$ " x $3\frac{1}{2}$ ".

The trap is now complete, ready for humanitarian mousetrapping. Drive prisoners to the nearest dump, where, released, they'll be happy.

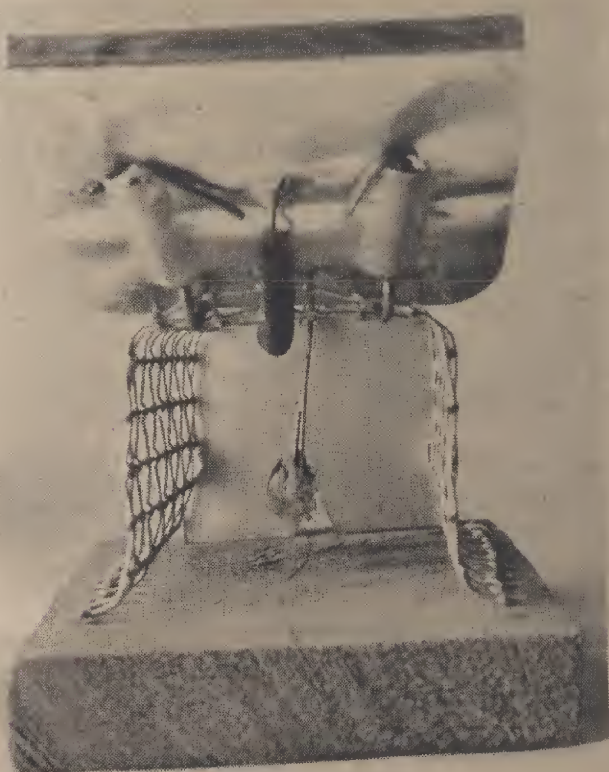
Rob



Follow these full-size patterns in cutting the metal and bending the wire. Wire forming is easy with long-nosed pliers. Be sure wire is strong enough to hold up under tension.



Groves for holding the wire ends can be made with a $7/8$ " x $3/8$ " rod, cut from the shank of a bolt. First hammer the rod into a wood block, sideways with the grain, to make a groove. Then make four quarter-inch cuts in the metal where the groove ends will be. Place the bar in the proper position while the tin rests on the depression, then slam it.



Mouse-eye view

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INFORMATION UPON REQUEST

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CAPTURED. To guard against tail loss, fit the doorway so that it doesn't quite touch the wood.

12498



RECYCLING ^{AN OLD} FARMSTEAD

by Cathy Johnson

CREATIVE ITCH BOOKS

Macrame: Creative Design
by Dona Z. Meilach. Published by
Crown. Retail is \$3.95 and worth it.

The Beauty of Macrame: Creative Design - is its emphasis on the creative possibilities of knotting. There are NO patterns to copy in this book. Instead there are 356 black and white, and 18 color plates. Some of the photos illustrate knotting techniques; most are of beautifully, texturally rich and original macrame clothing, jewelry and, best of all, sculpture. Wall hanging and sculpture by John Snidecor, Rosita Montgomery, Aurelia Munoz, Estelle Carlson, Gloria Crouse, Marion Smith Ferri, Claire Zeisler, Shirley Marein, Michi Ouchi and many more.

The book also gives short, clear and sufficient explanations as to how to knot simple and complex knots and how to use different materials. It includes a bibliography of suppliers and other books.

Nora Chase



When this land was new and green and virgin, farmers from the old country were amazed at the fertility of the soil, the unbelievable returns on their investments of time and work. They used oxen to remove the stumps from land they had cleared with hand saws and axes, and they farmed with methods thousands of years old. For a time, everything went well. Then, the newly cleared land that had been forest began to erode, and soil fertility dropped. The farmers left their lands in the east for the new, unbroken lands out west.

At first, "out west" meant the area that is now Tennessee and Kentucky and Ohio -- but when that land was cleared, farmed, and eroded until crops began to fail, "out west" was further west -- Missouri, Kansas, Colorado, Utah, and finally, California, Washington, and Oregon.

The rocky farms of Maine are seldom worked now; the land is bleak and unproductive. And in California's San Joaquin Valley, where a fantastic percentage of the produce consumed in homes around the country grows, the rape of the land is beginning to be felt. Crops are starting to fail.

When you've reached the sea, there is no more "out west" -- no more virgin land to clear and farm and destroy -- and the only answer is to stay put, to start to give something back where there was only taking. All over this country deserted farms, "marginal" croplands, aging buildings wait. But they're not up to the standards of insurance companies and banks and lending institutions, who say, "What, no inside toilet? Well, can't insure you then; someone might be killed in your outhouse. No insurance, no loan."

It sometimes seemed that grim a prospect, in the year in which we were looking for our place, and finding, then trying and trying to find some kind of financing. We -- Sleepy and I -- had some down times, for sure. But we're here, now -- in Excelsior Springs, Mo., no less. We've got our loan, and our insurance (Who know how? Who cares?) and we're going to stay.

This place was used and abused long before our grandparents were born. The main room of the house is 150 years old, and you can still see the rafter logs in the attic. It's our home, and with love and care and hard, hard work, we think the land, and the house that some brave, dreaming soul built, to start his life anew, can be brought back.

No one has lived here for five years, and when we moved in late last summer, it showed. The buildings were in need of paint -- still are, too! -- and the brush grew over everything. We were too late in the year to do much about the state of the land, and had little money or equipment -- and still don't. But we made a start, and learned a lot.

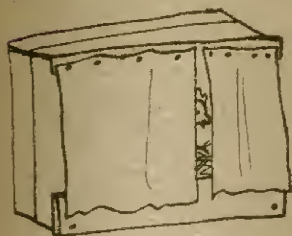
Livestock

Since we couldn't start a garden that late, we felt uncomfortably like gentlemen farmers fresh from suburbia -- so the only immediate project seemed to be livestock. We located a small group of chickens that "might be laying, maybe not." Old culls, they looked, mostly -- white, de-beaked leghorns and an old rooster with pink legs we named Big Pink. We didn't know for sure we were going to get them, so when they arrived (along with the farmer who brought our first crazy old goat and her too-big, too-old-to-be-nursing kid), we were caught with our chicken house definitely unready. Years and years of old litter and manure still there should have been thoroughly removed and the floor disinfected before housing new chickens. If they hadn't been tough old birds, they probably would never have survived.

Since no chickens had been there for five years, we went ahead on the hopeful assumption that any chicken-disease-carrying organisms had long ago given up in starvation and moved on. We put the chickens to bed (at dusk, when they'd roost), and in the morning, in true cart-before-horse, new-farmer fashion, cleaned the chickenhouse.

As usual, we ended up improvising, as lack of cash forces one to, and rather than buying new tarpaper and windowglass for the broken panes, we recycled rags and stuffed them in the cracks, boarded up obvious holes with scrap lumber, and used an old yellowed shower curtain to repair the windows. The chickens seemed to appreciate the lovely golden glow.

We made nests from old fruit boxes with a board nailed across the front to keep eggs from falling out, and feed sacks ripped up and tacked to the fronts as curtains chickens like a little privacy for those things. Not that building nests guarantees that chickens will use them (we find eggs everywhere from the goat barn to the lilac bush), but with fresh nesting material every so often -- grass, hay, leaves -- most eggs are in the right place.



The Dump

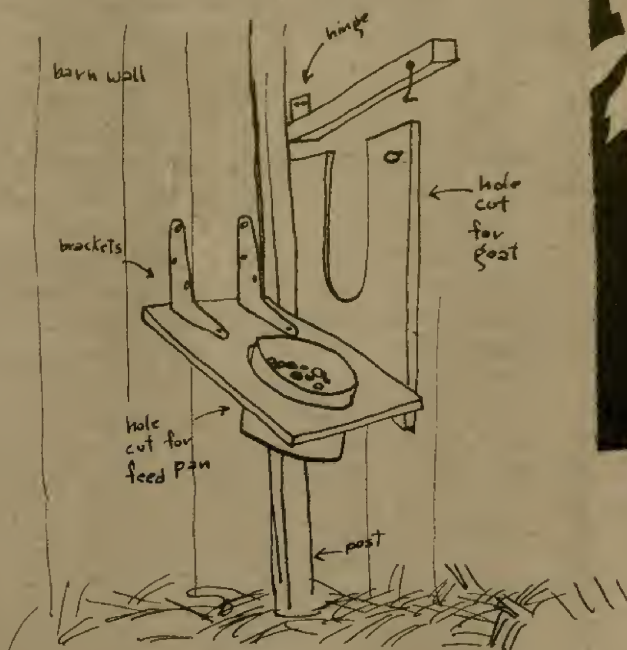
A few older farms still have nests and other equipment, but the usual practice when a farmer moves out is to hold an auction and sell everything that isn't useless or nailed down. So it was with our farm. But we found a supply source: the dump. Every old farm has one, and all you have to do is find it.

So far ours had yielded old hub caps (nice for capping large fence posts to keep them from rotting), a chamber pot, chicken feeders, mason jars, fence wire, two old washing machines (good stock waterers), a USNavy fork, a 1934 Hudson (or similar animal), crates and miscellaneous wood for repairs, fence posts, and a bike whose wheels one day may become a garden cart.

The Goats

Getting ready for the goats was somewhat easier than the chickens. Our old barn is divided into sections. One, used for grain storage, now serves as the goats' sleeping area. (It should have stalls, but somehow they've all survived in there together.) A hay storage area now doubles as feed storage places, and a milking room. We had trouble with flies when we milked the goats where they slept. And we needed someplace to lock up the feed. (The goats managed to break in anyway, and got the scours -- a form of diarrhea -- from eating too much bran.) We also provided an open area where they like to lie in the hot summer.

Our milking stand is a board shelf with a hole cut in for the feed pan, and a vertical piece of plywood with a U-shaped hole for the goat's neck to slip into. A hinged piece on top flips down to hold her in place. Actually, our new goat doesn't need these "stocks". When I milk her, she just stands nicely and licks my forehead.



Making fences goat tight is a never-ending chore, it seems; they can squeeze through places a cat might find difficult. We've temporarily solved the problem by stringing two extra wires along the top of the board fence on the sides and putting logs below the fence in the places where the ground dips.

The old wire fencing seemed pretty sturdy, and the only repairs necessary were on the gate. We fixed it with boards and wire and (yep, shades of Maw and Paw Kettle) old bed springs. Beautiful, it's not -- but we haven't had to go chasing goats since Christmas night, and we quit chaining Secret -- our fence tester -- shortly after that, much to our mutual relief. It was fun, at first, to have Secret come up for a visit to see how the folks live. One day, to my surprise, I suddenly found myself joined in the outhouse by two cats, one chicken, and that curious goat. If you're planning to keep young fruit trees alive, though, you just can't let the goats run loose. Or even old fruit trees; a friend of ours had a 150-year-old orchard decimated by his hungry goats.

Feed

Goat feed was sort of a problem last year. When we got the goats, late in the season, hay was both expensive and hard to find -- and not exactly prime either. Grain and dairy feed in town ran from about \$1.55 to \$2.25. When we're getting milk, that's a bargain, but when we're not, it's a drag. Part of our feed problem was solved last year by scrapping -- going out to a field where corn has been harvested and picking up what the big corn-picker missed. You can usually get permission if you keep looking; some farmers turn their cows into the field after the picker has passed, but others don't. This year we're going to try scrapping soybeans (mostly for our own use) and milo, too.



Dear Will and Sally Freeman:

We have greatly enjoyed our first issue of *Natural Life Styles*, and we have learned a great deal.

However, we have to take issue with your article on light-weight camping equipment. As members of the Seattle Co-op we would like to register absolute satisfaction with the selection. More deeply felt was your criticism of Frostline products. We have a friend who has made all the Frostline kits; we ourselves have made the sleeping bags and are making the two-man tent. We wouldn't recommend these kits for the novice seamstress; but we find them highly satisfactory - far better than any of the ready made equipment of this sort. In making the kits up ourselves we are able to determine that every detail is perfect. We found the directions very easy to follow if one takes time and doesn't rush things. In all we are greatly in favor of Frostline products; we enjoy correspondence with them and find the company to be very interested in its customers. We regret to see such a fine company put down in your publication.

Other than this issue, we are delighted with your publication. One question: Where do you suggest we find goats' milk that is not pasteurized? One would think it would be available in Fresno, but it is not.

Sincerely,

John & Mary Urrutia
4524-D E. Sierra Madre
Fresno, CA 93726

To find a local raw goat's milk source - find the goat! Check with your local veterinarian, county health inspectors, Agricultural Extension Agent, organic gardening club, 4-H or Future Farmers of America Club.



Dear Natural Life Styles:

Let me introduce myself - I'm Boogie and my husband is David Swaine and we're the proud proprietors of Fresh Earth Foods in Shreveport, Louisiana.

We strive for TOTAL Organically grown, but can't always guarantee and, of course, tell people when we can't. (For example: some fruits in fruit salad, organic avocados are only delivered once a month if they have them! etc.)

If you have any suggestions please let us know.

Some things are pretty good - we bake our own bread (and are beginning to bake enough to sell as well as use in restaurant); all of the vegetable salad is organically grown (mostly from our garden); and we grow our own sprouts, etc. Also I make a lot of the "candy and munchies so I'll know the ingredients are good. Here's a simple one you might want to share for those who will have sweets:

- 1/3 cup honey
- 1/3 cup sesame butter
- 2/3 (or a little less) full fat soy powder - full fat makes it richer - you could use low-fat or even skim or low-fat milk solids)

Mix in enough sesame seeds to make it "crunchy" and shape however you want. I shape them into small balls and flatten slightly and then put nuts on top. Pretty good nutrition and taste so good!

Love and Peace to all of you at Natural Life Styles.

BOOGIE & DAVID
Shreveport, La.

Early in the spring we started our own alfalfa patch, and it's been an unbelievable help. We tilled the soil as deeply as we could with our old balky, antique tiller, then spread manure and bone meal with a cyclone seeder. Incidentally, the sod was so thick most of it had to be raked off or it would have re-set itself and crowded out the young alfalfa. The rakings were a great addition to our compost heap; there's very little waste on a farm. The manure was the dry, sacked kind. Imagine trying to spread goat berries from a seeder.

We seeded with alfalfa and we hoped for rain. We must have gotten the right amount, too, for a few months later we made our first cutting, and we've had three since, the last just before it got really cold.

Lack of farm machinery shouldn't be allowed to stop a homesteader. We took the first cuttings with an ancient garden hand-tractor that looks like a cross between a lawn mower and a rototiller, with a sickle bar riding ahead like a cowcatcher. Halfway through the last cutting, though, it had, apparently, a fatal breakdown, and we finished with a scythe. We let the hay cure a day, then raked it into small piles. Then we loaded the piles onto the pickup with a pitchfork, and made haystacks down at the end of the patch.

A friend tells us we want haystacks just because we're romantics -- but somehow they seem pretty sensible to us, since we don't have a mower or raker or baler. Our ancestors made it just fine with haystacks. The top layer gets bleached and dried up, sure -- but it thatches over the rest, and inside each stack is lots of good, greenish, nutritious hay for our goat ladies.

And haystacks are pretty.

The Garden

Our garden was a little bit of a disappointment till we realized just how much more we've been able to can and dry and freeze this year. We didn't have enough mulch, and there was a long dry spell followed by a long wet spell followed by a lot of weeds -- and we planted much more than we could take care of. Still, the root cellar is filled with potatoes and glowing jars of jam and jelly and preserves, applesauce and pie-sliced apples, peaches, tomatoes, tomato juice, squash, pickles, and good old homemade wine. We dried apricots and apple slices and elderberries, and in the attic are strings of dried beans and bags of dried sweet corn and onions.

And we have a fine compost heap a-building for next year. We'll probably plant less total area, unless we use soybeans for a cover crop on the big half, tilling them under for great manure before they set seeds -- but the side we do plant will receive much more concentrated attention.

The Land

Lack of heavy equipment didn't stop us from caring for our land. We have a good neighbor with whom we have a 50-50 setup; he cuts and bales the back meadow and takes half the hay (and half will be plenty for us, even feeding three goats and using it for bedding and mulch), and he planted the front nine acres to soybeans under the ASCS payment plan for the same deal. We'll probably get enough from the sale of the soybean crop to buy either a cow (I do miss that easy-rising, butter-making cream) or a secondhand tractor.

Our neighbor did burn the field off before planting this spring, before we owned the farm, but next year we'll further confound him with our strange ways by asking him to till under the soybean plants, to feed the land. We've borrowed a soil tester, and plan to see if our soil needs liming in time to take advantage of the government's help with it, too. If you qualify, it will pay for more than half the total cost in most cases.

The Orchard

The orchard was a record producer this year. It's an old one, with the exception of the four cherry trees we planted in the spring, and it had been left alone for at least five years, probably longer. But still we've been canning like crazy.

Last winter, while the trees were dormant, we read up on pruning (what an art!)--and in early spring, put our study to use. It's really hard to prune enough--it hurts to cut off potentially productive limbs--but it's a job that must be done. They say if an orchard has been neglected for many years, though, it's best not to prune too much the first year; shock might kill the tree.

We mulched as many as we had mulch for, and should have sprayed with dormant oil spray in the winter, but we blew it, so some of the fruit is pretty wormy, and the peaches had scale and some had brown rot. Still we got a cellar-full. There was no killing frost at blossom-setting time, so we had a bumper crop. Even with culling many little green fruits, the limbs were so heavily weighed that some of those we didn't have propped were broken. Well, that's one way to prune, I guess.

Berries

We even found an old strawberry patch to work on. We thinned old plants and mulched mostly, supplementing with some new plants from the city market.

Findings

The House

CATHY JOHNSON

Sincerely,

Ben E. Benjamin

EDITOR'S NOTE:

71

FARMERS/WORKERS EXCHANGE -- AN ORGANIC FARM TEACHING PROJECT

AN OPEN LETTER TO ORGANIC FARMERS

Dear Organic Farmer,

Thousands of young people across the country are returning to the land and reviving our tradition of small, careful farming. They recognize that the organic approach is the only way and can benefit by your experience.

If you are truly an Organic farmer--you do not use chemical sprays, fertilizers, additives, and you enrich your soil with natural compost and green manure; if you follow these practices and are successful at it--then please fill out the form and return it to NLS. You will receive a list of young people who are willing to work with you without wages--just room and board in exchange for the direct experience of organic farming. Of course, you are expected to tell them why and how, as you work together. This is not a free labor pool; spreading manure is certainly part of the job, but painting your house isn't. If you can afford it and appreciate the help, a modest wage would probably be appreciated, but is not part of the bargain nor expected.

This is a public service sponsored by NATURAL LIFE STYLES magazine. No fees are involved. We advertise this service in our own publication as well as other organic publications that we know about. (If you haven't seen this service mentioned in the ones you receive--please send us their addresses.)

ORGANIC FARM TEACHING PROJECT FARMER'S QUESTIONNAIRE

NAME _____

ADDRESS _____

ZIP CODE _____

NUMBER OF PEOPLE ON FARM NOW: FAMILY _____ OTHER _____

SIZE OF FARM: _____ ACRES

LIST OF CROPS & STOCK: * _____

*INDICATE THOSE WHICH ARE ORGANICALLY RAISED

NUMBER OF STUDENT HELPERS YOU CAN HANDLE WITH EASE AND HAVE TIME TO TALK TO: _____

DESCRIBE WORK THEY WILL BE EXPECTED TO DO: _____

DURATION OF VISIT(S): _____ NUMBER OF DAYS, WEEKS, MONTHS

BEST DATE(S): FROM _____ TO _____ OR _____

WHAT SPECIFIC AREAS OF ORGANIC FARMING CAN YOU TEACH (INDICATE WHETHER YOU KNOW A GREAT DEAL, AVERAGE OR JUST A BIT ABOUT THESE): _____

CHECK HERE IF YOU DO NOT FEEL COMPETENT TO TEACH BUT WOULD CONSIDER HIRING THESE YOUNG PEOPLE FOR WAGES (STATE AMOUNT \$ _____)

AN OPEN LETTER TO POTENTIAL FARM WORKERS

Dear Friend,

Your name and responses to the attached questions will be published in a master list which will be distributed through out the country to organic farmers who will contact you directly to arrange a work/training period. During this time you will work on the farm doing all the things necessary in operating it. Be prepared to get up early and work hard. Your compensation is room, board and a first-hand organic farming education. The farmer understands that he is to tell you why and show you how.

Once you elect a situation, tell us immediately so that we can remove you from this season's list. At the end of your period please write us a letter about your experiences-good and bad.

This is a free service of Natural Life Styles magazine. No fees are paid by anyone. You can help us by including a self-addressed stamped envelope with the enclosed form.

VERY IMPORTANT-- If you receive an invitation from a farmer and you cannot accept or have already accepted another offer--return the material to the farmer immediately. Do not hang onto it; that would hurt many people.

NAME _____

ADDRESS _____

ZIP CODE _____ TELEPHONE# _____ AGE: _____ Male
Female

LIST FARM/GARDEN EXPERIENCE _____

REPORT FROM NATURAL FARM

During a bio-dynamics conference at Three-Fold Farm in Spring Valley, N.Y., this August, Samuel Kayman, from Natural Farm in Putney, Vermont, got up to tell about the 20-acre farm he and a number of others live and work on. His enthusiasm was infectious, and we wrote him for a bit of personal data--background, training, etc.--to flush out a possible article. His answer:

"No! My personal history is of no importance. You can leave me out of the article. The important thing is that many young people who have been searching for meaningfulness found a concept and a place where they could apply their energies. This was possible because of an organized structure, a disciplined environment that was provided for the transition to self-regulation and health."

A boil-down of his spur-of-the-moment speech:

What can I tell you about Natural Farm. Well, I'll talk about the fields. We have one field that's sweet corn, an acre and a third with three varieties--a very early, a middle and a late. The early variety didn't do well--very stubbly. It was delicious but it didn't fill out because it was very dry. An early variety has to grow fast and it needs a lot of moisture while it's growing.

We just harvested the middle corn last Tuesday morning. We got up at 4:00, harvested 25 bushels and sent them into Boston. It's Market Beauty and well, people said it was the best corn they've ever had in their lives, without exaggeration, really. Absolutely the best corn they've ever had. Terrific corn.

We have a third variety which is a white corn. That's still growing. It's about eight feet tall and still growing. That field we did with raw manure--chicken and cow manure.

Now we have another field, this one a half acre. We ran an experiment on it. We did a third a section of it with raw manure--cow manure slightly decomposed, we did a section of nothing but seed. And then we did the next third of the field in bio-dynamic compose. When we show people we always bring them down this way, see -- Bring them to the first bunch which was the corn grown with the manure--beautiful corn, lovely corn, full, rich and green with no deficiencies in any of the minerals. A healthy looking plant growing at least eight feet. It's a very big variety; each ear is about 16 inches long. And it's lovely corn. The people say, "That's really wonderful. You people have done great." And I say, "Yeah, I know, isn't that nice."

And then we look at the middle thing and it's obvious where there's no nitrogen and no manure and no life. All the corn is yellow and stunted and hardly any ears.

And then we walk to where the bio-dynamic composted corn is and it's like ten feet high and the plant is big--the stalks, without exaggeration, in some cases are two inches in diameter. And with the comparison the people are really overwhelmed. Here they saw this wonderful corn first

and then they see the bio-dynamic and it's vigorous and strong and healthy and the ears are just--well everything looks better about it. Not only big but you can sense the quality of the plants because they look so vibrant and really alive.

Then we have a two-acre field of squash. We took two acres and we dug a hole every ten feet and into some we put compost and manure, and in others rock phosphate, and granit dust, and lime stone, and seaweed, and bat manure, whatever else we could find. (You can find bat manure in old churches attics. Gretchen got it for us over at the (Wholpole?) church and it's really nice looking stuff.)

I wish there was just one big word for a super-superlative. The squash are that-fantastic, big, healthy, beautiful. Well, if you keep saying everything is wonderful and beautiful it gets boring.

We started all our own seeds--peppers, tomatoes, and melons--in greenhouses. And in some cases in flats in the house that I moved to our little greenhouse. We transplanted all the plants and we put up about 300 tomatoe plants and 264 pepper plants. We've been eating melons now for over a week and a half, they're delicious--fantastic melons, incredible melons, and really good.

Four people are going to stay over the winter and they're building a cabin now. If they make it through the winter--which I have high hopes they will--next spring we'll start with five demimasters and we'll be much stronger with a more viable core. And we'll know what mistakes not to make again. For instance, big fields should be for tractor cultivation--like corn, beans or something like that. But for things that need a lot of hand work, we want to have smaller pieces to feel a sense of accomplishment. And we're going to do more tractor cultivation.

We mulched alot. We mulched all the potatoes, beans, broccoli and cabbage and cauliflower and brussel sprouts. A whole acre was hand mulched. We used a flail chopper with a wagon in back. To cut the hay up in nice short lengths--six or eight inches long. We formed nice big piles in the wagon and we dumped it out. It was easy to mulch with that.

We have to devise new machinery; that's one thing we hope to do at that place. In addition to a laboratory that we want to establish there in the next two years, we want also to design, engineer, and build prototypes of machinery suitable for natural, organic, bio-dynamic, God-type farming. We want to build machines that are ecologically in harmony with the land and to do it naturally. See, most the machines have been designed to do it with chemicals and to do it without thought to the soil--without sensitivity to the soil's needs.

It's very exciting. We've sold a lot and we're going to be able to be self sufficient soon. Oh, the financial thing-- we all share equally.

Thanks. I'm done.



Samual Kayman



PUTNEY FIELDS



What Are You Going To Do About The
Holidays?

ALTERNATIVES TO BUYING

Must we celebrate "Peace on earth, good will toward men" by pouring our money into a merchant's cash register—especially money that could be put to far better use combatting poverty and oppression? There are many ways to give to people at Christmas that don't involve spending money. These suggestions may help you to think up your own special way of giving without buying.

Organize a toy swap in your neighborhood. Have the children pick out, spruce up, and wrap the toys. Toys that have lost their appeal or have been outgrown in one family may find much use in another.

Have a Christmas picnic or potluck. Have a grab bag with handmade and home-collected items. Have a decorations-making time and trim a community Christmas tree with the results.

One young person got books and records from the

SEASONS GREETINGS

library that she knew her parents would like and gave them on Christmas morning. Libraries rent films. Museums rent painting and prints.

Search your attic and basement for forgotten items that can be put into use. You might discover some long-forgotten, long-lost thing and surprise its owner (or give it a new owner).

What things can you do for other people? Offer to help paint a room with your friend (over the holiday, or in March when he gets around to it). Offer to watch someone's kids on a weekend so they can have a time for themselves, a trip maybe. As a gift for the kids, take them someplace special. Bake and decorate cookies with them.

What things do you have that you can share with others? Loan your car to a carless person once a week for a month or two. Share special kitchen or carpentry tools with neighbors. Offer a large space (your finished basement or your living room with a real fireplace) to friends who don't have it for them to give a party in.

What skills do you have that you can share with others? Offer to teach someone an instrument you can play. If you have carpentry skills, offer to custom-build something.

The Cambridge chapter of American Friends Service Committee of Cambridge, Mass., gives the following suggestions:

Thrift Shops. Many churches, hospitals and community groups help support themselves by running thrift shops. Yellow Pages has a good list. They are good sources for used furniture, large toys and household items. The turnover of quality stuff in these shops is high, so keep going back to the ones in your area. Idea for kids gift: for the mechanically inclined, an old or broken household item (clock, radio, lamp) and a screw driver.

Mail Order: Berea College students make many things as part of their education. Write to Berea College, Berea, Kentucky 40403 for a catalog of wood crafts, weaving and food. 1972 Calendar Books can be ordered from the War Resisters League, 339 Lafayette St., NYC 10012 and United Farm Workers 1972 Calendar, United Farm Workers Organization Committee, Box 130, Delano, Calif. 93215. Koinonia is an interracial community farm in Georgia doing community and civil rights work. They grow pecans and sell them for cooking and in candy and fruit cakes. Write to Koinonia Products, Route 2, Americus, Georgia 31709 for a catalog of food, books, and crafts.

Buy a Live Tree This Year. Every Christmas, parking lots and shopping centers suddenly become "forested" areas as thousands of Christmas trees are offered for sale. It is depressing to realize that these are dead forests, that all the trees have been cut and within a month will begin to lose their needles and turn brown.

Yet a live Christmas tree does not cost much more than a dead one, and if properly cared for, it can be brought inside for several Christmases -- actually saving you money. If you haven't a yard, or if you have no place for another tree, a church, a school, or park maybe most grateful for your tree. Or the Parks Department of our city may accept any "homeless" trees to plant somewhere in the city.

Checks. Instead of the usual holiday gifts, send checks to tax-deductable or peace organizations. Your donation will be acknowledged by a card to the persons in whose behalf contributions are being given.

Food. Is always a popular gift item. Try not only the usual goodies such as cookies and fruitcake, but also breads, nuts (how about giving 1/2 pound boxes of home-

blanched almonds or mixed nuts roasted and seasoned with seasalt or garlic?), nut and dried fruit candies, jam and preserves, spice bouquets (a potpourri of dried roses, lavender and violet, for instance) or spiced tea creations (try dried organic orange peel with bits of cinnamon stick and/or lemon peel and clove added to your favorite tea). Are you good with herbs and spices? Why not make up special combinations for common dishes or types of food? Baking is an easy thing to do in quantity. Freeze cookie dough and make up portions at different times. Make breads and candy in advance and freeze until time for giving.

Gardening. Pot flower bulbs for a bit of spring in the middle of winter. Make seed flats (wooden crated from the grocery). Give a child a mystery pot with different seeds. (Lima beans grow fast and are hardy.)

MAKE YOUR GIFTS

Wax & Wicks - Wire & Beads. Candles can be made in milk, cartons, cans, cardboard tubs, egg shells, jello molds, in drinking glasses (to be left in the glass), can be decorated with beads, cloth, paper, wax drip-pings, can be colored with melted wax crayons.



Pipe. For playground equipment, table legs, etc. Some companies and stores have information booklets on uses of pipe. Try places carrying used pipe and fittings, such as wrecking companies and salvage and supply companies.

Wood. At some lumber yards you can buy wood scraps for 25¢ a bag. They make good building blocks (sanded). Give a child a bag of scraps, a hammer, saw, and nails. Keep an eye out for trees being cut down. Large stumps can be made into tables and stools. Other parts can be lamps, candle holders.

THE LONG-LEGGED HOUSE by Wendell Berry. First Printing: March 1971, Audubon Society, 1130 Fifth Ave., N.Y., N.Y. 10028, Ballantine Books, Inc., 101 Fifth Ave., N.Y., N.Y. 10003.

Sue Bailey

Sometimes we think the pioneers are the brave ones-- opening up new country, trying new ideas, new systems. But perhaps the bravest, after all, are those who go home again.

Wendell Berry--poet, farmer, teacher--writes of going home to Kentucky, of rebuilding his house on stilts by the river, of discovering the great breadth of that specific place, of contentment.

Part of the book consists of essays of a general or political nature, e.g. Viet Nam and strip mining, but the part that is important is the personal testimonial because it offers encouragement to any of us who might be thinking about returning to the places of our childhood and sinking roots there. Perhaps that is the only place where the roots will take hold; perhaps they need watering by friendly ghosts.

Berry describes the many happy childhood and teenage days he spent in the family's camp by the Kentucky River; he spent the first of his marriage there and then lived in California, Europe, New York City. When he decided to give up his teaching post in the English Department at New York University his friends and colleagues questioned him. "... there was the belief, long honored among American intellectuals and artists and writers, that a place such as I came from could be returned to only at the price of intellectual death ... there was the assumption that the life of the metropolis is the experience, the modern experience, and that the life of the rural towns, the farms, the wilderness places is not only irrelevant to our time, but archaic as well because unknown or unconsidered by the people who really matter--that is, the urban intellectuals."

After his final return to Kentucky, several years ago, Berry received letters admonishing him to be on the lookout for signs of decay in his work and in his mind. He continued to write, however, and his poems have appeared in several magazines and in three collections; he is the author of two novels, Nathan Coulter and A Place on Earth.

In The Long-Legged House he does not write much about his relationships with his wife, children or other people, but about the wild things around him - particular birds, trees, flowers and, of course, the Kentucky River, which flows past his house. Nothing earth-shaking - just the minutiae which define our lives.

We who are so proud of our mobility and our sophistication, we who look upon the Oriental attitude toward ancestors as something merely quaint, hear Wendell Berry:

"... whereas most American writers--and even most Americans--of my time are displaced persons, I am a placed person. For longer than they remember, both sides of my family have lived within five or six miles of this riverbank where the old Camp stood and where I sit writing now. And so my connection with this place comes not only from the intimate familiarity that began in babyhood, but also from the even more profound and mysterious knowledge that is inherited, handed down in memories and names and gestures and feelings, and in tones and inflections of voice. I never, for reasons that could perhaps be explained, lost affection for this place, as American writers have almost traditionally lost affection for their real birthplaces."

Every summer I return with my husband and three children to the farmhouse my great-grandfather built in Kentucky. We experience the peace and the sense of "place" Berry talks about. Every fall it is increasingly difficult for me to return to New York City.

The Long-Legged House is the sort of book I might give to my husband to convince him that he could do what Wendell Berry has done.



Wendell Berry, teacher, farmer, and writer, was born in Louisville and holds A.B. and M.A. degrees from the University of Kentucky. His poems have appeared widely in magazines and in three collections, THE BROKEN GROUND, OPENINGS, and FINDINGS. He is also the author of two novels, NATHAN COULTER and A PLACE ON EARTH. He is a member of the faculty of the English department at the University of Kentucky.

"Though it has come slowly and a little at a time, by bits and fragments sometimes weeks apart, I realize after so many years of just being here that my knowledge of the life of this place is rich, my own life part of its richness. And at that I have only made a beginning. Eternal mysteries are here, and temporal ones too. I expect to learn many things before my life is over, and yet to die ignorant."

(cont'd next page)



berry

ROCK TRIPE

A green-grey lichen found on boulders, particularly high up hillsides. Looks like a roundish piece of leather curling up at edges - black underneath. Attached to rock at center point. Rich in protein... half crazed explorers claim to have lived on it for months.

Doing it: Gather a bunch, wash thoroughly to remove grit, boil 5 minutes in as little (salted) water as possible. Remove when tender. It's basically bland stuff, so season to taste. We used tamari soy sauce and sprinkled on a little toasted sesame seeds. Not bad - a little like macrobiotic sea-weed. Would also mix well with rice, or into the soup pot with it.



A Boy's Ice Boat

Showing How He Can Make One

ICE BOATING has an irresistible attraction for a healthy, red-blooded American boy, and wherever the location is suitable a home-made ice yacht should be one of the things to the boy's credit. Contrary to the general impression, ice boating does not require ideal conditions of ice, for even six inches of snow over the ice is no great hindrance, if it is light and dry snow. Some ice boats push their way through wet, slushy snow, if the wind is good, and thus ice boating is kept up during a good part of the winter.

The average winter in northern latitudes affords a fairly long season for the sport, and certainly for three months in the year it can be depended upon. There are a great number and variety of ice boats in use today, from the scooter type of the Great South Bay, to the 30 and 40 footers of the Hudson river and inland lakes. The boy who wishes to make his own craft does not have to follow any of these special types, but may design his craft to suit himself. The frame of the Hudson river ice yacht is like a Roman cross, while that of the middle west is more like a St Andrew's cross or the plus + sign in arithmetic. That is to say, on the former the runner board crosses the backbone well forward, and on the latter it crosses nearer the middle.

Style of Boat

The boy's ice boat illustrated herewith is a medium between these two extreme types, but it is nearer the Hudson river than the western type. It is easier to build and very simple to handle.

The backbone of the craft should be a timber 15 feet long, which will make a craft large enough for seats for two. This timber should be 4 by 3 inches, or if a single stick of this size cannot be readily obtained, two thinner pieces bolted together will answer. If one is situated near a woods, and timber is hard to get, a green log can be used for the backbone and crosspiece. Hew the log on four sides and make as smooth as possible. A good stout green stick will be stronger than dressed lumber.

The crosspiece should be 6 feet long, and of similar dimensions to the backbone. The crosspiece is bolted to the backbone timber 3 feet from the end. This bolting should be made strong and secure, for the strain is severe on it in heavy weather. The runners are fastened to the ends of the crosspiece, and then braces of 2-inch stuff run from the ends of the crosspieces to the body of the craft. These crosspieces are sometimes made of wire rope, but plain pieces of timber will do better.

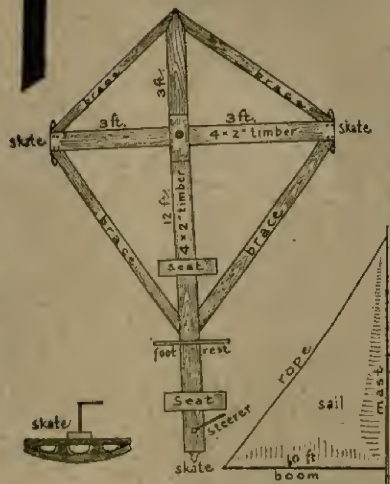
Two seats are fastened to the backbone timber, one forward for the passenger and the aft one for the steerer. While seated in the latter the operator steers the boat and manages the sail. The aft seat must therefore be placed so that the tiller stick will pass back and forth freely, without touching him. The hind runner located under the end of the backbone timber must be placed as far astern as possible. So the tiller stick and the seat must be located according to the distance from the steering runner.

The runners are ordinarily steel stakes nailed or screwed to blocks of wood. A circular piece of wood sawed from a fence post is nailed to the upper part of the block, and this is made to fit in a hole bored in the backbone timber. The steering post runs through the hole and has a stick attached to the end. The weight of the ice boat keeps the three runners on the ice, and makes an even keel.

A 10-foot pole should be selected for the mast. This can be cut green in the woods, and inserted in the hole made for it, where the two timbers cross. Ten feet is not too long for a boat of this size, for the sail is of the mutton-leg variety, and does not draw so much wind as a square sail. The boom for the lower part of the sail should be of some light material. A bamboo pole is one of the most suitable.

The sail can be made of cotton duck or sail cloth. It should be cut in the form of a triangle, with the seams running parallel with the hull. This gives a pretty, yacht-like effect and good fit to the sail. Most duck comes a yard wide, but wider strips can be obtained. A stout rope should run from the mast head to the end of the boom, and the sail must be woven over this with good strong fish line. The sail can be closed up by simply raising the boom up alongside of the mast and tying the sail to it.

With an ice boat of this size and design a boy can make a speed on good ice up to 40 and 50 miles an hour in a strong breeze, and 20 miles across



Detail of Ice Boat Construction

ice covered with a few inches of light snow. The method of operation is similar to that of sailing an ordinary sail yacht. With the three-cornered sail it will be impossible to sail up in the wind as closely as with a square sail, but with a little experience one can make a pretty good job of it.

Ice-boating clubs for boys are common on many of our rivers and lakes. They have their own organizations and races, and throughout the winter they find enjoyment on the ice, that brings color to their cheeks and strength to their limbs. There is no form of outdoor sport that appeals to boys more than ice yachting, and none that is healthier.

It is difficult to buy ice boats suitable for young people, but they can be made at home at little cost and trouble. A club of boys should engage to make two or three such boats, and then they could have races among themselves. Two boys could make one within a week, and the cost, including material for the sail, should not average over \$2 or \$3 for each boy. Once built the ice boat will last any number of winters, and it will prove a great investment.—[George E. Walsh, New York]

My most inspiring thought is that this place, if I am to live well in it, requires and deserves a lifetime of the most careful attention. And the day that will finally enlighten me, if it ever comes, will come as the successor of many days spent here unenlightened or benighted entirely. 'It requires more than a day's devotion,' Thoreau says, 'to know and to possess the wealth of a day.' (p. 169)

"As I slowly fill with the knowledge of this place, and sink into it, I come to the sense that my life here is inexhaustible, that its possibilities lie rich behind and ahead of me, that when I am dead it will not be used up." (p. 210)

"The most exemplary nature is that of the topsoil. It is very Christ-like in its passivity and beneficence, and in the penetrating energy that issues out of its peaceableness. It increases by experience, by the passage of seasons over it, growth rising out of it and returning to it, not by ambition or aggressiveness. It is enriched by all things that die and enter into it. It keeps the past, not as history or as memory, but as richness, new possibility. Its fertility is always building up out of death into promise. Death is the bridge or the tunnel by which its past enters its future." (p. 204)

"But there is not only peacefulness, there is joy. And the joy, less deniable in its evidence than the peacefulness, is the confirmation of it. I sat one summer evening and watched a great blue heron make his descent from the top of the hill into the valley. He came down at a measured deliberate pace, stately as always, like a dignitary going down a stair. And then, at a point I judged to be midway over the river, without at all varying his wingbeat he did a backward turn in the air, a loop-the-loop. It could only have been a gesture of pure exuberance, of joy - a speaking of his sense of the evening, the day's fulfillment, his descent homeward. He made just the one slow turn, and then flew on out of sight in the direction of a slew farther down in the bottom. The movement was incredibly beautiful, at once exultant and stately, a benediction on the evening and on the river and on me. It seemed so perfectly to confirm the presence of a free nonhuman joy in the world - a joy I feel a great need to believe in - that I had the skeptic's impulse to doubt that I had seen it. If I had, I thought, it would be a sign of the presence of something heavenly in the earth. And then, one evening a year later, I saw it again." (p. 212)

"Every man is followed by a shadow which is his death--dark, featureless, and mute. And for every man there is a place where his shadow is clarified and is made his reflection, where his face is mirrored in the ground. He sees his source and his destiny, and they are acceptable to him. He becomes the follower of what pursued him. What hounded his track becomes his companion. That is the myth of my search and my return." (p. 212-13)

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U.S. Patent No. 3305947

FIREPLACE HEAT HOW A "HEAT EXCHANGER" QUADRUPLES THE OUTPUT

by Paul Sturges
Heating Consultant

It is hard to imagine a more wasteful, inefficient house-heating device than the fireplace. The time-honored system at best can send only ten percent of the heat produced by its flames back into the house, and this amount doesn't take into account the fact that a fireplace sucks out large amounts of warm air which must be replaced by cold, outside air. In fact, on a cold day, if the fireplace heat is insufficient to heat that outside air, sucked through the cracks, the fireplace, for all its blaze, will have a refrigerating effect. It will cause the thermostat to turn on the furnace.

Yet an open fire is so cozy, its burning cycle so fascinating, its flickering so eye-catching, it remains much desired. How then can a fireplace be made useful as well as ornamental.

The answer is the installation of a simple heat exchanger, a device for transferring heat from one place to another -- in this case, from the chimney into the living room.

The heat exchanger is equipped with a twin fan, and it can not only capture a considerable portion of the waste heat escaping up the chimney, but can coneract the loss from that cold outside air. It can increase the efficiency of a fireplace by about 40 percent.

The fireplace itself can be constructed either of masonry or of the pre-fabricated air-circulating, "heatalater" type. * The heat exchanger is inserted above the smoke shelf, instead of the normal chimney. As the hot flue gas rises through self-cleaning copper tubes, the fans push room air and a certain amount of outside air down through the chamber, it picks up heat on the way, extracting it from the fireplace fumes before they escape. If the house's heating system is of the warm air type this heated air can be introduced directly into the cold air return.

* These, by the way, add to fireplace efficiency not at all. They take the heat normally radiated into the room by the hot bricks and use it instead to warm relatively small quantities of room air, emitting it generally at a considerable distance above the floor level. The waste heat of at least 90 percent continues up the flue to be lost forever.

When planning the size of the fireplace, bear in mind that the heat exchanger can be expected to increase the efficiency to about 40 percent, and make a considerable change in the effects of cold air leaking in from outside. The outside air, drawn in and blowing through the heat exchanger and heated by the free heat of fumes formerly lost eliminates the vacuum on the house, which pulls in that outside air. The heat exchanger serves as a most effective piece of weatherstripping.

A brisk fire in this new arrangement will have a startling heating effect, and a smaller fireplace may be chosen with confidence.

The heat exchanger should be built by a competent sheet metal craftsman. A typical setup, consists of a series of six metal tubes five feet long, 1/2 in. wide and 17 in. deep. Use thin copper sheeting of the kind used for roof flashing.

The tubes are fastened into headers of copper sheet of heavier guage, 18-in. square, without solder or brazing; solder would melt, while brazing usually distorts the metal. A little extra length should be provided in the tubes so that lips can be bent at 90 degrees alternately inside and out for fastening. (Small holes or leaks are permissible, since the fume side will always be under vacuum because the air is hot, while the cool air side remains under relative pressure.)

Fireplace

The envelope surrounding the tube assembly can be constructed of galvanized steel. So can the "flue cap" that carries the fumes to the atmosphere or into a chimney breach.

Two feet from the top of the heat exchanger an opening must be made for the cold air return, the air from the room floor. The air strikes the 1 1/2 in. edge of the copper heat exchanger tubes, then flows between them. A second opening, at the top, is required to receive the cold outside air. A third opening, at the bottom, permits the sum of the two other streams of air, now heated, to be led to a suitable point for distribution to the house. Each pipe leading to an opening should be fitted with a damper to allow for airflow adjustment.

This heat exchanger will accomodate a small-to medium- fireplace. A good twin blower on a single motor, each fan moving 200 cubic feet of air per minute, is made by Redmond Mfg. Co., and is available from air

LADYBUGS

We were going to do a story on ladybugs (or ladybird beetles), and how useful they are in the garden as aphid eaters. But then we talked with an entomologist from Yuba City, Calif., near where many ladybugs are commercially collected. Everything people say about ladybugs are true, he told us. But they have a peculiar habit that lessens their effectiveness for the home gardener. In the morning it is their want to fly straight up, buzz around a bit, then drop down again for a day of feasting. Fine, if there is no wind. But a breeze will carry them all over the neighborhood. Which is beautiful, if that's what you're into.

ROB



to thank you for sending me the new poems
and the envelope they came in which has
besides your address two American
Revolution Bicentennial stamps;
clear indication that the government is
getting ready and that so should the rest of us
good you know from here as I write it is
only five years away and you and I
will still be under forty and vigorous
all set for whatever celebrations
turn out to be the m-st suitable

I do pushups and other things to stay
in touch with my body I am gradually
learning how to grow food and I'm even
as you advised trying hard to pay
attention ATTENTION to every
moment as it passes.
...Dick Lourie



Want to keep up with the flood of environmental info? Read magazines with opposing viewpoints. Some are carried by your local library, others are smaller in size and circulation, but have more up-to-date news.

NATIONAL WILDLIFE, bi-monthly, free to members, dues \$6.50. Originally mainly for fishers and hunters, it reflects a million members now genuinely alarmed. We are losing the pollution battle now — our resources are dwindling and our population skyrocketing. 1412 16th St. NW, Wash. D.C. 20036

NOT A MAN APART, monthly, \$3 a yr., from the militant ecology group, Friends of the Earth, headed by Dave Brower. July issue has a round-robin attack on strip mining, and news that scale model tests indicate that a safety device (needed to avert disaster in case of a core meltdown in nuclear plants) will not work. Lively. 451 Pacific St., San Francisco, Cal.

THE CONSERVATIONIST, monthly, \$2 a yr. July issue has articles on re-cycling techniques, on the auto ("Our servant, our enemy"), on possibilities of getting non-polluting power direct from solar heat. N.Y. State Dept. of Environmental Conservation, Albany, N.Y. 12201

AUDUBON MAGAZINE, 6 times a yr. is no longer just for the birds. March issue, a photographic beauty, carried a thorough coverage of Hudson River problems. (\$2 & worth it. Read it!) 1150 5th Ave. NYC 10028

SIERRA CLUB BULLETIN, monthly, sub \$5 a yr. This hiking club now has worldwide concerns. April issue discussed Vietnam defoliation, also explored idea that each city should purify and re-use its own waste water. 1050 Mills Tower, San Francisco, Cal. 94104 (Atlantic chapter has its own monthly newsletter, 25c, 250 W. 57th NYC)

NATIONAL FISHERMAN, monthly, \$5 a yr., combines news of boats old and new with news of commercial fishing, and hence news about water pollution. Crew members on the Clearwater become fascinated by it. 66 High St. Belfast, Me. 04915

ENVIRONMENT, monthly, \$8.50 a yr. Edited by young scientists inspired by biologist Barry Commoner. June issue explored increasing danger of lead poisoning in USA. Ghetto children stand at an open window on a hot day and pick at the peeling lead paint beneath their hands. It has a sour-sweet, interesting taste. 438 No. Skinker Blvd., St. Louis, Mo.

POLLUTION EQUIPMENT NEWS, monthly (free to technical personnel and almost anybody). Its main value is to publicize new products for sale to industry and municipalities. A commercial magazine. 8550 Babcock Blvd. Pittsburgh, Pa. 15237

A quarterly journal of very different opinion is **ECOLOGICAL ACTION**, \$1 a copy, Box 3895, Modesto, Cal. Cliff Humphrey and a group of volunteers feel that our use-once-and-throwaway culture must be transformed utterly, and that every individual can start. They use bicycles, cut down everywhere on needless use of products and electricity.

ZERO POPULATION GROWTH NATIONAL REPORTER, 10 copies a yr. free to members dues \$10. They

are not against babies, do not want genocide, but believe the rich people of the world must limit their population growth immediately, if they hope to persuade the rest of the world to adopt the idea, before the usual reasons (famine pestilence, disease, war) do it for us. Los Altos, Cal. 94022

Rodale's **ENVIRONMENTAL ACTION BULLETIN**, weekly, \$5 for 6 months. The organic gardening people put out a readable and concise newsletter which includes coupons easily filled out to be mailed to congressmen vot-

ing on environmental legislation. Useful! Rodale Press, Emmaus, Pa. 18049

POLLUTION ABSTRACTS, too expensive for individuals (\$70 a yr.) belongs in your college library. Covers over 2000 journals, documents, books throughout the world. P.O. Box 2369 Dept. W. La Jolla, Cal. 92037

NATURAL HISTORY, 10 copies a yr. \$8 for zoologist, anthropologist, geologist, biologist, in sum: ecologists. Amer. Museum, Central Park West and 79th St. NYC.

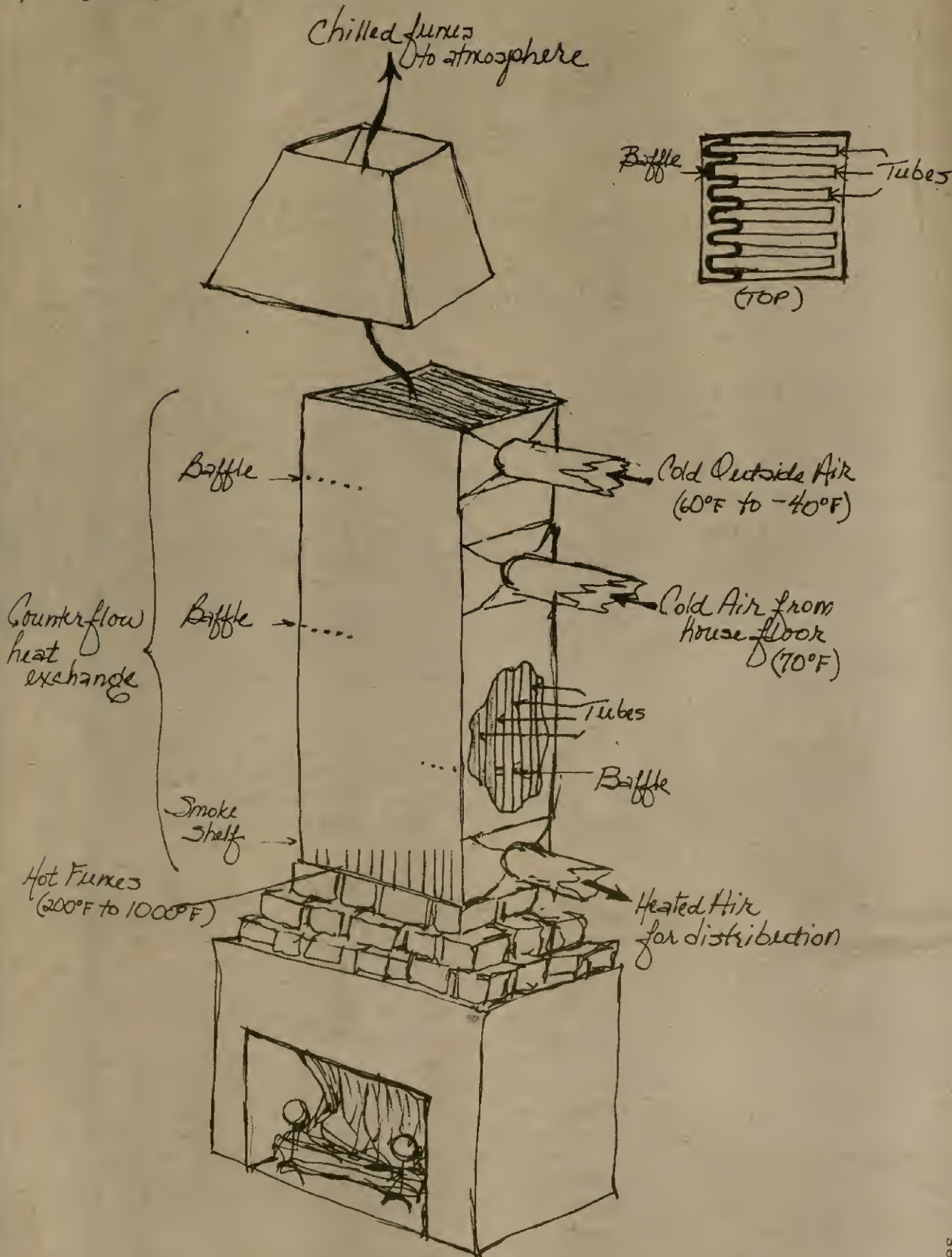
SMITHSONIAN, monthly, \$10 a yr. July issue has an

important article for Hudson lovers; a report on how a few dedicated Seattle citizens saved their prized Lake Washington from polluted death. It took science and politics hand in hand. Same issue has a good interview with old Albert Szent-Gyorgyi, Nobel biologist who minces no words. 900 Jefferson Drive, Wash. D.C.

...from the **North River Navigator**, newsletter of the Hudson River Sloop Restoration, sponsor of the *Clearwater*.

Fireplace...continued

conditioning supply houses for under \$30. The sheet metal worker will be required to make adapters for the fan and heat exchanger so they will accept smoke pipe for the air ducts. Material and labor for the heat exchanger itself should run to something under \$250. Installation runs another \$100 or so. All told, if you do none of the work yourself you might expect to send about \$400.



NOTE: See Robert Emerich's *Heating Design and Practice* McGraw-Hill -- currently out of print but available from libraries -- for an excellent chapter on fireplace construction.

PAUL STURGES, a Harvard-educated heating/refrigeration engineer, now is an inventor and a heat-exchange consultant living in Stone Ridge, N.Y. He designed and built a revolutionary food-freezing plant; discovered a natural process by which massive ice packs can be caused to form in caves, then used the icewater to refrigerate trailerloads of corn awaiting shipment to market; and is continually spouting full-blown ideas in ecological technology, which we hope to tap from time to time.

Bees

By Gregg Hennesy

With one bee hive in your backyard or garden or atop your house, you can produce as much as 300 pounds of extracted honey per year...far more than enough for all your family needs with lots left over to sell.

Honey is the world's finest nutritional sweet, rich in vitamins, minerals, enzymes. No disease germ can live in raw, natural, unheated organically produced honey. But bottled and canned honeys in commercial food stores have been heated or pasteurized to 140 degrees to allow them to flow through fine screens and not "sugar"--and this destroys many of the vitamins and enzymes.

Today in this country nearly half a million people are keeping bees, while individual colonies number some six million. Beekeeping is a hobby that requires no huge investment, no set routine, little trouble. Yet it pays valuable dividends each fall.

Here at my Cactus Ranch (33445 Pacific Coast Hwy., Malibu, Calif.) we have a small highway sign: ORGANIC HONEYS, EGGS, VEGS. YOU ALL COME IN!...and we sell hundreds of pounds of honey yearly in quart jars at \$2.25 each. The demand for organic honey is growing tremendously. A small newspaper ad, a sign in front of the place--and people come in a rush.

Unless there is a local ordinance against beekeeping, anybody can raise honey bees. You follow simple basic rules. Even boys and girls can take care of a hive or two.

Successful beekeeping begins with a thorough knowledge of the life inside the hive. A bee city is socialism to perfection, a wholly efficient community. Each worker knows her precise job, knows it perfectly, with no one to tell her what to do--for there is no superior, not even a true leader.

Unlike the society of man, the bee community works toward survival of the fittest. Workers literally wear themselves out (during the height of the nectar flow in one month) and are not allowed back into the hive if too old to work. If the old bees insist on crawling into the nest, young workers sometime fly them a half mile from the hive. The oldsters can't get back, so they perish. And if the colony is in danger of starving during a bad year, half-grown bees are likewise pushed out on the doorstep to die.

The queen of the colony--actually an egg-laying machine--is the hive's only, fully developed female. She lays more than a thousand eggs a day and may live for seven or eight years.

Of a standard-sized colony of 65,000 bees, all but a few dozen are workers--immature females--and all duties except two--egg laying and fertilization--are taken care of by them. Occasionally workers too lay eggs, but because they have never been fertilized, the offspring are always drones. (This is called *parthenogenesis*, or virgin birth.)

Then they start their field trips. Four substances are gathered in the field: nectar (to be changed into honey); pollen, carried in two little hind-leg baskets (to be worked into larvae food); gummy sap from trees and plants (to be converted into propolis or glue, used to cement and weatherproof the hive) and water. Between 10 and 15 MPH is a normal flight speed.

In four to eight weeks of frantic activity, a bee may produce a half-teaspoonful of honey for your table.

The playboy of the hive, the drone, is a swashbuckling, lazy parasite most of his life. He is tolerated by the workers only when the nectar flow is large or when there are young queens growing in the cells. When fall arrives, nobody wants him anymore, and he is driven from the hive. The drone's only function is to mate with a young queen. As soon as one starts her spiraling nuptial flight, he takes off in a noisy buzz. Contact--and he dies spent, but happy.

When a colony gets overcrowded, or when the old queen is not laying as much as the workers feel she should, they select a few newly hatched eggs--no different than the thousands of others--and feed the larvae extra and better quality food, the famous royal jelly. They construct peanut-shaped cells for the growing royalty three or four times as large as ordinary cells.

After the queen has emerged and taken a little sip of honey for strength, she rips apart any other queen cells and stings to death any other newly hatched queens. (Unlike workers, queens can sting more than once.)



DID YOU KNOW THAT....

- ...In one day, queens can lay their own weight in eggs.
- ...A drone has no father, but a grandfather on his mother's side.
- ...Bees are color-blind to red, thus the death of red flowers.
- ...Of the 12,000 Bee varieties, only a half dozen store honey.
- ...Alexander the Great was buried in combs of honey.
- ...Angry bees often sting a dog's black spots, ignoring the white.
- ...A single colony has produced 500 pounds of honey.
- ...Putting your ear to a hive; you can hear the bees ventilating.
- ...Despite converse claims, bees won't hurt fruit.
- ...Indians called bees "the white man's fly," for honey bees are originally European.
- ...A thousand workers disappear every summer day from each hive half eaten by enemies.
- ...Bees cannot find their hive if it has been moved a few feet.
- ...Honeybees seek out a single variety of pollen each trip, assuring pollination.

Rob



Bees...continued



Bronx butcher Henry Goldner rarely wears a shirt or veil when working with his bees. He says that the cooler he is, the less he perspires, and bees, too, can be offended.

During her mating flight the princess received millions of threadlike spermatozoa, fertilization for five hundred thousand future children. When she returns to the hive, the old queen gathers two-thirds of the colony about her and the swarm departs to start a new bee city elsewhere.

If you plan to start keeping bees as a hobby rather than a fullblown business, the general location should not be of too much concern, for bees will go long distances--up to five miles or so--to find nectar. Space is no problem, either, for several colonies will take less room than a backyard garden. In fact, there are apiaries smack in the heart of New York City, the hives sitting incongruously on apartment roofs.

Some beekeepers build their own hives, but it's better in the long run to buy a complete outfit from a bee supply house. Design of American hives (now adopted throughout the world) is the result of many years of development to obtain the exact dimensions and materials best for bees and beekeepers. Mass produced, commercial hives are of exact specifications, and the measurements are best to guard against the building of comb in unwanted places or the filling of crevasses with propulas.

All the material you need to set up a simple apiary--bees, hive, equipment and a good book on beekeeping--costs about \$40. Sometimes you can find used hives. An ad in the local rural paper might do the trick. If you can locate some, they'll probably be a good buy--cheaper and already constructed.

Bee hives are set up in several stories or supers. The bottom one or two supers is the brood chamber in which the queen lays eggs and the tens of thousands of worker bees are raised.

ADVICE TO BEGINNING BEEKEEPERS

Send a note to American Bee Journal, P.O. Box 43, Hamilton, Ill., (mentioning Natural Life Styles), c/o Editor Vern Sisson, for (1) free copy of his very fine honey producing magazine, and (2) a free copy of "Getting Started with Bees."

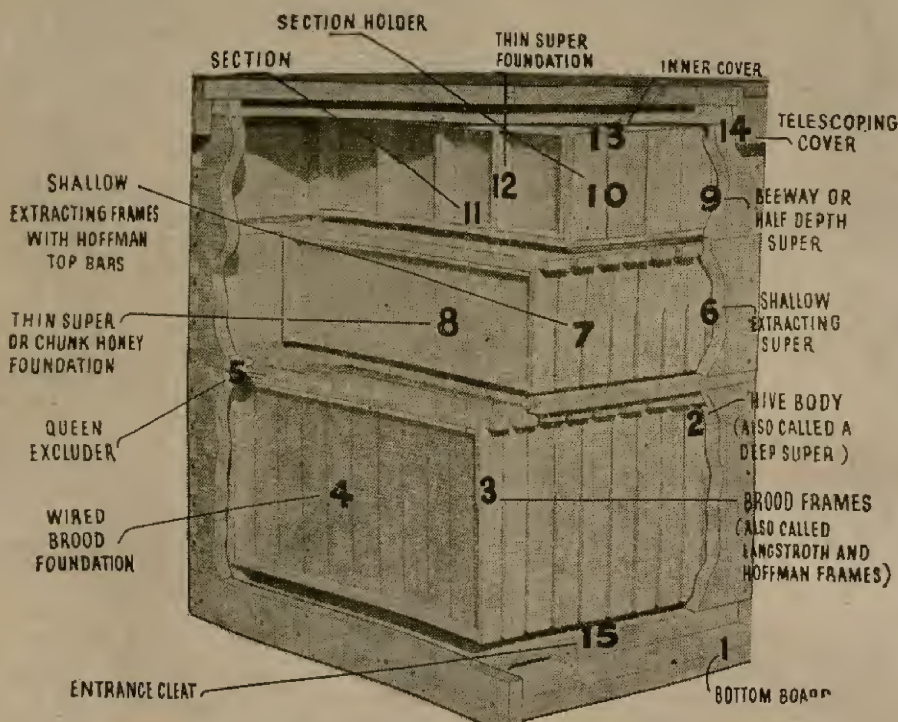
Also, send for bee supply catalogs to:

Dadant & Sons, Hamilton, Ill. 62341

Walter T Kelley Co., Clarkson, Kentucky 42726

A.I. Root Co., Medina, Ohio 44256

and check your Sears Roebuck catalog.



A queen excluder frame atop the upper brood chamber keeps the big queen from going up into, and laying eggs in, the honey storing supers, while the smaller worker bees go through easily. You can count on from 35 to 50 pounds of extracted honey per super.

The beginning hive consists of a base or bottom board with a strip of wood designed so the entrance width can be changed, a deep super with hanging frames of wax foundation, an inner cover, and an outer cover.

As honey accumulates (faster than you think), you'll have to add additional stories. Deep- and shallow-type supers ordinarily are fitted with ten movable frames, each with a thin sheet of wax called "foundation." The wax has outlines of hexagonal cells pressed into the surface, and these start the bees drawing out even and parallel combs.

While young females grow and gain strength for their ultimate duty--nectar and pollen gathering--they follow a standard cycle of work. First duty is to lick clean cells for the queen to lay in. When the eggs hatch, young "nurses" tenderly care for the maggot-like larvae, feeding them a mixture of pollen and saliva ("beebread") for about a week. Then they cap over the cells (while larvae transform into pupae, then adults) and start other duties--secreting and working wax, building comb, ventilating the hive. They also transform thin, watery nectar into honey by eating it and regurgitating it--"chewing the cud."

Finally, the growing bees are ready to leave the hive. "Play flights," orientation excursions, sometimes become so noisy that beginning beekeepers fear swarm clouds are gathering.

After a brief period of carrying out such debris as dead bees and old cell cappings, the bees put in a short stretch in the army where they guard against intruders. →

Six of these hives, located just 10 miles from Times Square, produced 500 lbs. of honey in one year.



Another type super, a "section" super, consists of a number of little wooden boxes of comb. You may have seen these sections of "comb honey" for sale in cellophane.

Bee hives are sold broken down or flat, but are pre-cut and drilled, and by following the enclosed step-by-step instructions, you'll have no assembly trouble.

Accessories include a "hive tool," smoker, veil, gloves and feeder. The hive tool is a simple little gadget, but extremely effective, used to scrape propulas from frames and bottom boards and to pry apart frames. Made of high grade strip steel, it has one flat end, and one that is bent.

The smoker, a can in which burning cloth or other material is stoked by an attached bellows, puffs a thick, white cloud into the hive. To bees, too, smoke means fire, and a few shots in the entrance will send them scurrying to stuff themselves with honey. They are so busy thinking of the smoke they'll disregard you pretty much, and when gorged with honey the bee is not only disinclined to sting, but finds it physically difficult.

Another accessory, a feeder of the Boardman type, is a trough-like affair that slides into the entrance of the hive. More about that later.

A veil is a necessity if you're an amateur with bees, if for no other reason that it will make you feel more secure. Gloves will protect your hands and arms, but most beekeepers find them too awkward.

It's a good idea to pull your socks over your trouser legs or use rubber bands to hold them tight, for bees have a tendency to crawl into dark places, and who can blame them for stinging if they are squeezed?

Bees are sold by the pound (about 4,000 per) and ordinarily are shipped from southern states in cages of wood and wire, the queen suspended in a smaller cage inside.

If you live in a northern state, you order a three to five-pound package so it will arrive sometime in April or May. In southern states bees should be introduced two to four weeks earlier. If you order from a large company, leave it to the shipper to get your bees to you at the best time.

When the bees arrive--via parcel post--(don't be surprised to find lots of dead ones), place the package in a cool, dark room, not warmer than about 70°F. With a brush, paint the wire sides with a half-and-half sugar water syrup. The bees will gorge and be easier to handle.

Best time to install bees is late afternoon or early evening. Remove four or five frames from the hive body (enough to leave room for the package) and take off the cover board of the shipping cage. Place the cage into the empty space in the hive and carefully lift off the feeder can and queen cage.

Most queen cages have a little piece of soft candy, covered with a piece of metal or paper, separating the queen from the workers. Remove the paper, punch a hole in the candy with a pin, hang the queen cage between the top-bars of the middle frames and close the hive. The workers will eat through the candy, releasing the queen gently at a quiet time.

Put a few nail holes in the lid of a Mason-type jar and fill the jar with more sugar syrup solution. With the jar resting in the Boardman feeder, slip the feeder lip into the hive entrance.



Queens are shipped in containers like this.



The Bee Eater

Reduce the entrance to about an inch and leave the colony strictly alone for about four days, disturbing only to refill the feeder. Feeding should be continued until nectar is plentiful.

In about a week you can take out the mailing cage and put in the remaining frames. You now have an apiary and you're a beekeeper.

In the fall you have a problem--getting the honey. It is "extracted" from frames by means of a centrifuge, a device that spins the comb inside a large barrel, flinging the honey from the cells. Extractors are expensive (from \$40 to \$600 or more), so during the summer make friends with another beekeeper down the road. Come fall you can donate a few hours of work helping him extract his own honey in return for his help in extracting yours on his equipment. He'll welcome your help, because extraction is a tough, stick, and irritating job if attempted alone, but a friendship-building one if shared.

FIND WILD HONEY BEES BY TRIANGULATION

1. In an open field, on a fencepost or a rock, place a dish with honeywater flavored with anise.
2. Wait for a bee to alight on the dish, or shake one from a flower.
3. When satisfied, she'll circle, then make a beeline for home. Note time and directions on a geodetic map.
4. Soon she'll return with a few comrades. (It takes roughly 8 minutes for a half-mile trip.)
5. Move a few hundred feet to the side and repeat.
6. Find the colony somewhere near the junction of map lines. (Colonies robbed in midsummer will regain strength for the winter; plundered in autumn, they starve.)

Rob

WHAT ABOUT STINGS?

Fear is the big reason more people don't keep bees. But stings are highly overrated; the average beekeeper can be stung a dozen times a day with no more discomfort than a knuckle-skinning plumber. But to-days bees are bred for gentleness, so stings should be rare.

Bees sting for protection and anger. If the hive is roughly taken apart the bees think an enemy is trying to rob them. They sting. They do if they're squashed or squeezed, too.

Bees often become mean if the honey flow suddenly stops, or if the weather turns foul.

Avoid stings by moving determinedly but slowly. Work during the warm part of the day. Use a veil--until you learn to sense bees' moods--and a smoker. Don't stand directly in front of the hive. Listen for the angry buzz of a fighting mad bee. If you feel one "dig in" to sting, swat it.

Most people remove stings by trying to pull them out. Don't. Each sting is equipped with a pumping poison sack--and pinching it is like squeezing a medicine dropper bulb. Instead, remove it by scraping it out with a knife or finger nail, or by rubbing it out against your clothing.

Rob

GRIND YOUR OWN FLOUR

BAKE YOUR OWN BREAD

by Gordon L'Allenand
Malibu, California
*

In all the sordid history of American foods production and processing, there is nothing more indifferent, dangerous, and rapacious to the nutrition and health needs of the people than the production of commercial flours and bread products. Probably 95% of the flours of such foods are stripped of the bran, the vitamin and oil rich germ, then ground by the steel roller flour production method removes from wheat: 86% of the vitamin E, 76% of the iron, 86% of the magnesium, most of the vitamin D, most of the vitamin A, 71% of the phosphorus, 77% of the potassium, 60% of the calcium, 77% of the B¹...and so on and on...

Such flours are "aged" with Chloride dioxide to bleach sub-standard flours white, and treated with chemicals and preservatives so not even weevils will touch the stuff. Then the flours are 'conditioned' with Sodium Stearate, softened with another chemical, emulsified, and "protected" with anti-stale inhibitors. Mold and "rope" inhibitors are poured in, and Calcium propionate and Sodium propionate keep such breads "fresh" and soft-looking on the store shelves.

But the people are learning, and many thousands of the aware are turning to grinding their own flour and baking their own breads. If you grind and bake your own, you'll get all the vitamins and minerals in the grains...instead of having them taken out and fed to livestock.

When you bake your own breads you get delectable flavor, and the wonderful aroma of baking bread. You will, of course, use whole eggs, raw honey, natural yeast, real fruits and flavors and other natural and wholesome products in your breads and cakes...instead of the imitation colorings and flavorings the baking industry uses to fool you.

Save Money Baking Your Own Breads

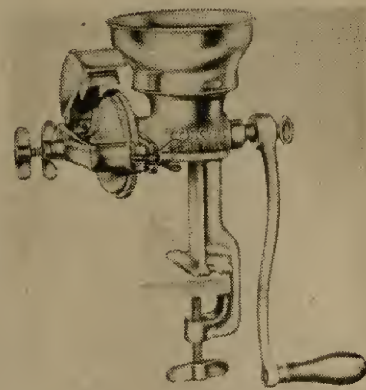
Usually you can buy whole grain corn, wheat, rye, barley and such at local poultry and stock feed houses. They'll be chemically grown, but will retail their vitamins and minerals. Organic food stores sell both ready-ground whole grain flours, or the whole grains for your home grinding. The ready-ground flours and meals are expensive, so eventually you'll save by grinding your own. Grains bought in regular feed stores cost from four to six cents per pound, while my local organic food store sells hard winter wheat grown in Deaf Smith County Texas for 13¢ per pound. Always buy hard winter wheats for wheat bread because it is some 14% or richer in protein content, and comes from Montana and the Dakotas with little pesticides used.

When you mill your own flours keep them refrigerated until use, or better, bake as soon as possible after grinding. Here at Cactus Ranch we grind wheat and rye flours, and bake in one day enough bread products to last two or three weeks. We use a family-size stone grinding mill... the All-Grain Stone-Grinding Electric Flour Mill, for your own use and for members of our food buying co-op. It grinds up to 25 lbs. of flour per hour, from coarse breakfast cereals to the finest whole wheat flours...and retains the rich natural vitamin and mineral contents of the grains.

We bake whole grain breads, salt rising bread, cookies, cakes...you name it.

There are, to our knowledge, only two manufacturers of home-size (or small groups or co-ops) electric grind mills. We chose the All-Grain because it is larger, heavier, grinds faster and longer, doesn't overheat, and gives a much larger flour production in pounds per hour.

MILL



Baking INDOORS and OUTDOORS

You might like to build an outdoors pueblo-type oven of bricks and stone and cement mortar like the Southwest Indians have been using for centuries. Use a base of cement blocks and cement, and on it build a round oven four feet across (outside) with walls six inches thick. Leave a door a foot square, closed with a piece of sheet stone and mud to seal the edges while baking. You operate this oven by building a rousing wood fire inside. Let it burn to coals, rake out the ashes and sweep. You let the interior cool to 400 degrees. Use a wood paddle to shove your pans into the back of the oven, then close the door, seal the stone--and away the baking goes for the required time.

If you want a reprint of a fine article in Sunset Magazine (August, 1971): "Your Own Crusty French Bread... From Your Own Pueblo Oven," send a half buck to Editor, Sunset Magazine, Menlo Park, Calif. This is a detailed article building a pueblo-type oven.



Eva Kell of Malibu, Calif., pours grain into her Smithfield B-50 mill. She grinds all her grains fresh the day she bakes.

Following are two bread recipes—one for rye bread, one for wheat.

RYE BREAD

The Rye bread recipe, from the book "Natural Food Cookery" by Gertrude Springer:

- 1 cake compressed yeast dissolved in
- 3 cups warm potato water
- 1 level tbsp sea salt
- 1 level tbsp caraway seeds
- 1 tsp anise seeds (optional), and
- 3 cups whole grain rye flour

In your big wood mixing bowl blend above into a sponge and let rise in warm place until light. Then add:

- 2 cups more whole grain rye flour
- 1 cup wholegrain wheat flour (or enough to make a hard loaf. Shape into loaves and grease tops and let rise to double in bulk. Then knead again, shape, and put into two greased bread tins, and knife cut gashes across tops about 1/2" deep in three places. Let rise, then bake 50 minutes, starting at 400 degrees, then at 350 degrees F or rest of baking time.

The "Deaf Smith" wheat bread recipe: Deaf Smith, from the Texas county of that name, is high in calcium due to the limestone in the soil. The wheat can be bought at organic food stores:

WHEAT BREAD

- 8 cups "Deaf Smith" sifted wheat flour
- 1 cake compressed yeast (2 ozs.)
- 2 Tbsp honey
- 1 Tbsp sea salt
- 3 1/2 cups lukewarm water
- 2 Tbsp oil (sesame or safflower)

Dissolve the cake of yeast in quarter cup lukewarm water together with one tablespoon of honey to stand 5 minutes. Add the balance of honey, water, salt to above. Now add four cups sifted flour, one cup at a time. Allow to rise double in bulk. Knead well, and when dough has risen shape into loaves. Place in well greased tins. Allow to rise again, then bake for 45 minutes in a 410 degree oven.

Free brochure and data may be had on the All-Grain Electric Grinding Mill, and the Corona smaller corn and grain mill from the Smithfield Co. Inc., 99 No. Main St., Smithfield, Utah 84335. The All-Grain electric mill comes in two sizes: the big B-50 (25 lbs. per hour capacity, and 40 lbs. weight) is \$249.50, and the A-33 (12-15 lbs. flour per hour) is \$179.50. The Corona (11-lb hand-operate mill for coarse to fine meals) is about \$14.



The Chimpanzees at Lunch

The Tassajara Bread Book

by Edward Espe Brown

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—Ed Brown, Tassajara Head Cook, 1967-9

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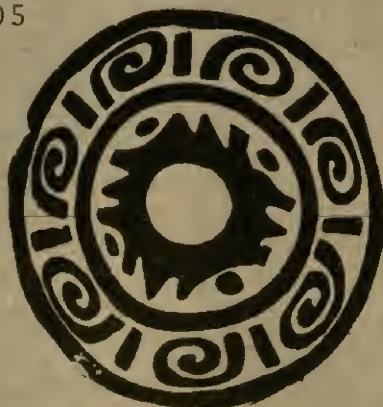
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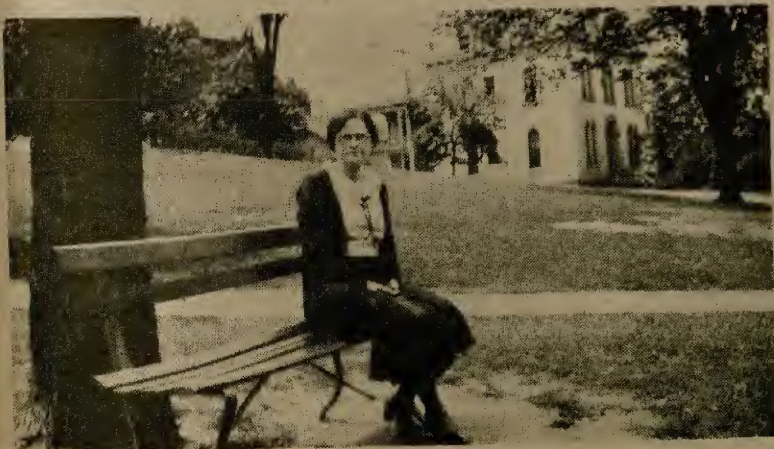
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Boston area Vocations for Social Change is a non-profit collective group working to help people find work styles and life styles that will contribute to social change. As part of our work we publish a bi-annual directory of new and alternative institutions and individuals dedicated to the ideal of a non-exploiting sharing community working together towards a new and more just society. We call it The People's Yellow Pages. The second edition is coming out the first week in November. Mail orders are \$1.00 and 75¢ in person. 351 Broadway, Cambridge, Mass., 02139.

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Portland, Oregon

To Natural Life Styles:

Everyone in our house has been turned on by your book. Please send us the next issue. (The issue we have has an article about Gibbons right at the beginning).

I was disappointed in seeing how women are portrayed in the traditional role, though. For example, the article entitled Getting Around (P. 18) portrayed woman as simply a sexual object who would be fed good things and hustled into bed for a quick It's depressing to me that a book containing so much important information about living a life that is against plastic America, thinks of woman in the typical American way. How sad.

I don't know how you accept articles, but it would seem that some editing might go on. Please write your reactions to my complaint.

Thank you,

Naomi Puro

P.S. \$1.00 enclosed.

Right on! What we do mostly is edit a writer's literary style or his facts if that seems to be in order. But it doesn't seem to be in the interests of free speech to edit the writer himself, even a male so chauvanistic as Ralph Hart, Ed.

Dear Sir:

I recently returned from a 15 month stay on a Caribbean isle called Grenada. There I tended and milked goats, as well as raised organic corn, using goat, donkey and/or cow manure, along with rabbit and chicken droppings as well. I harvested and ate the corn, and was pleased with my efforts in that direction.

I also lived in Mexico for some 3 months and came to understand and appreciate, and to sympathize accordingly, with the MESTIZO diet consisting primarily of organic corn and beans, which apparently did a better job than our own ten billion item supermarket fare, so familiar and acceptable to MOST Americans.

I have also travelled in Israel and in Africa, and therein as well are organic grains the source of human energy and life. I eat brown rice daily and soyo, organic wheat bread, natural oils, nuts, organic fruit, oats, barley, etc. etc. all of these every day, and all organic as well.

I have a thorough knowledge of our local natural food stores, their managements, and most important, their products. I have serious ideas about the organizing and promoting of a natural food co-op down here, though have not bread for the thing. The few local stores down here are making too too too much profit off of the people, and I am referring to those selling natural foods, such as 'Greenbergs', 'Pete's Spice,' and 'Nature's Cupboard,' all stores you may be familiar with yourself if you have been down here in our ghetto in the misnamed 'East Village.' The people who own these 3 concerns are all separated from the aspirations of the people, whom are their root AND reason for being in the first place. I think that a co-op could bring these capitalist usurpers to their knees, one with the people! Their profits are much too high, really...

Larry Mirski
622 E. 11st. Apt. 22
N.Y.C., N.Y. 10009

Natural Life Styles
53 Main St.
New Paltz, N.Y. 12561

86

Dear Sir,

Thank you for the complementary copy of your first issue. The article on Rudolf Steiner was especially interesting. You might list two books by his student, Rudolf Hauschka:

The Nature of Substance - Stuart, London,

1965

Nutrition - Stuart & Watkins, London, 1967

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Hope you can pass on this information in your next issue. Many thanks.

Peace,

Daniel Fox

Dear Friends:

Only one small suggestion: after reading Dr. Ellis' article, I looked up in the Bible where supposedly Jesus put the okay on animal food and found "solid food" mentioned, that's all. So just for your education and enjoyment, I'd like to recommend the Essene Gospel of Peace (Academy of Creative Living, 3085 Reynard Way, San Diego, Calif.) Not only did he not advise meat, but said food should be uncooked. Considering his perpetually hot climate, this sounds very possible to me.

Thanks again,

Patricia Rubin
Murray Hill, N.J.

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index

Acupuncture 7
 Aphrodisiac Cookery 15
 Astrology 46-50
 Beans, Baked 13
 Bears and I 30
 Bees 79-81
 Better World News 6
 Bread 82
 Brock, Alice 51-54
 Bullfrog Information Service 6
 Butler's Pantry 5
 Buying, alternatives to 74
 Camping 61,62
 Classified ads 84
 Climbing, rock 16
 Common Ground 5
 Consumer Beware 40
 Creative itch books 54
 Dandruff 18
 Dining Out -- Monya's 29
 DMSO 60
 Editorial 21
 Erewhon Farm 4,5
 Exchange, farmers/workers 72
 Falling hair 18
 Fireplace 77
 Flour 82
 Food logic 22
 Grub Bag 13
 Gutman, Dr. Wm. 7
 Hair, falling 18
 Herald of Health 22
 Here's Egg on Your Face 31-33
 Hillard Green 24

Homesteading 68-71
 Honey 79-81
 Hope of the World 42
 Hunzas 41,42
 Hunter, Beatrice 3,4
 Ice Boating 76
 Kiln building 19,20
 Label, how to read 65
 Ladybugs 77
 Long-Legged House 75,76
 Mah Fellow Americans 15
 Monya's 29
 Mousetrap 66
 Mung beans 22
 Natural Farm 73
 Natural Universe 5
 New Alchemy 2,3
 Passport to Peace 23
 Raw diet 55
 Rhyther, J. H. 2
 Rock climbing 16
 Salt of the Earth 5
 Skiing 58-60
 Survival therapy 16
 Tassajara Bread Book 83
 Thanksgiving 64, 44
 Todd, John 2,3
 Transcendental art 56,57
 Vegetarian Cookery 27
 Vegetarianism 62
 Vishnusivananda 23
 Vitamin C 15
 Wend, Milton 3, 50
 Woods Hole 2



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